LORAIN COOKING

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LORAIN COOKING

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The Research Kitchen
of
AMERICAN STOVE COMPANY

Price, One Dollar

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PREFACE

THIS book has been written and published expressly for users of gas ranges equipped with the Lorain Oven Heat Regulator.

It is undoubtedly the first cook book devoted *exclusively* to Time and Temperature Oven Cooking, that is *Lorain Cooking*. This is the method sponsored by American Stove Company following the invention of the Lorain Oven Heat Regulator.

The purpose of this book is to furnish the owner of a Lorain-equipped Gas Range with reliable recipes and to develop quickly exact measurements of Time and Temperature for her own favorite recipes by using as a starting point whichever recipe in this book closely approximates her own special recipe.

All recipes in this book have been formulated and carefully tested in the Research Kitchen of American Stove Company.

Lorain Canning and Whole Meal Cooking, explained in this book, are time-saving, labor-saving, food-saving and gas-saving processes developed within the American Stove Company's organization and used with noteworthy success and satisfaction by American housewives for more than twelve years.

The Lorain Oven Heat Regulator was the first device of its kind. It not only enables the housewife to pre-determine *exactly* the oven temperature she desires but also automatically maintains *that* temperature without variation.

By making it possible for the houswife to regu-

late and control the oven temperature *exactly,* the Lorain Oven Heat Regulator has made the art of *good cooking* easily acquired and more exact, rather than an art mastered only after years of discouraging failures.

For this reason, more than eighteen hundred schools and colleges are Today using Lorain-equipped Gas Ranges to teach students the science and art of cooking.

The Lorain Oven Heat Regulator has been approved by every recognized test-kitchen in America, including Good Housekeeping Institute, Priscilla Proving Plant, New York Tribune Institute, Modern School of Cookery and the Testing House of Today's Housewife.

Moreover, with few exceptions, manufacturers of nationally-known food products use Lorain-equipped gas ranges in their Experimental Kitchens and now include Time and Temperature in their nationally-advertised recipes.

In addition, practically every woman's magazine includes accurate measurements of Time and Temperature in their authoritative recipes. So that the owner of a Lorain-equipped Gas Range finds an ever-increasing supply of authentic Time and Temperature recipe-material from which to choose.

We hope you will appreciate this pioneer book on Lorain Cooking or Time and Temperature Oven Cooking, second only to the Red Wheel of the Lorain Oven Heat Regulator. Together, this book and the Red Wheel make a combination that will bring to you and your family the health and happiness that are the result of delicious and well-cooked foods.

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HOW THE LORAIN OVEN HEAT REGULATOR IS USED

FOR many years the baking of foods was an uncertain process. It was difficult to keep the oven at the proper temperature. The oven flame had to be lowered or raised by hand. Today a device called the *Lorain Oven Heat Regulator* keeps the oven *automatically* at a constant temperature. If a home manager desires to leave her home in the afternoon, returning just before time for the evening meal, she may place a whole meal in her Lorain oven and find that it is ready for serving when she returns. The Lorain Oven Heat Regulator will serve as a "magic chef" during the time the home manager is away. If a home manager desires to bake a layer cake at 375 degrees, the temperature of the oven will remain 375 degrees as long as the gas is allowed to burn.

The Lorain Oven Heat Regulator is very easy to use. A red wheel on which oven temperatures are stamped, forms a part of the regulator. By turning the wheel so that the temperature desired is indicated, the oven will be heated to that temperature and kept at that temperature when the oven burner is lighted. See illustration, top of page 13.

Read carefully the directions that came with your stove. *Be sure to note on the directions whether or not your stove needs pre-heating.* The oven is heated to the desired temperature when the oven flame begins to decrease in size.

When ready to light the oven, strike a match, turn the gas on full and apply the lighted match to the gas. Make sure that the gas is burning, then close the oven door.

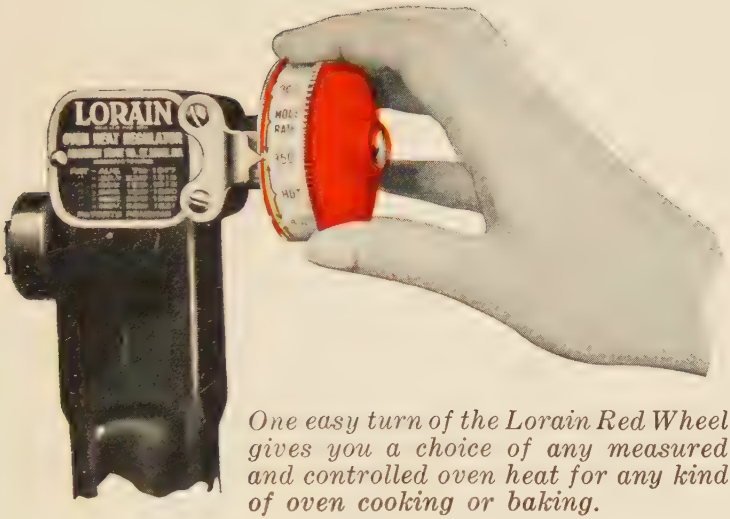
Those who have baked in an ordinary gas range often have the habit of opening the oven door every few minutes. *With a heat-regulated oven, oven-watching is unnecessary* when the regulator is set at the correct temperature. In fact, each time the oven door is opened, the oven is cooled and more gas is consumed in order to heat it again to the temperature at which the wheel is set. When the baking is completed, be sure to turn off the gas.

ACCURATE MEASURING, MIXING AND BAKING

In working out the recipes contained in this book, the ingredients were *measured accurately*. In using the recipes in the home, the ingredients should be measured accurately also.

Utensils for measuring foods accurately are to be found among house-furnishing supplies. Measuring cups and measuring-spoons are necessary to secure the best results.

To measure accurately, level measurements must be made. All measurements indicated in the recipes are level. Level cupfuls and spoonfuls are made by filling the cup or spoon with the material and then leveling it with a knife. For measuring half and quarter spoonfuls, a set of measuring spoons may be used or a spoonful may be divided lengthwise



One easy turn of the Lorain Red Wheel gives you a choice of any measured and controlled oven heat for any kind of oven cooking or baking.

View of Research Kitchens of American Stove Company, located at Cleveland, Ohio. Here Ovens are tested for baking qualities and new Lorain Recipes are developed and tested.

Fig. No. 1—Cream Puffs (see page 125)

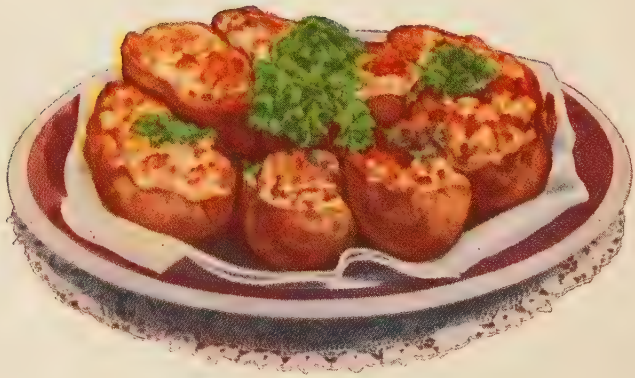


Fig. No. 2—Stuffed Baked Potatoes (see page 126)

through the middle to obtain a half-spoonful and the half may be divided crosswise to obtain a quarter-spoonful. By a cupful is meant a standard ½ pint measuring cup, full. Quarter, third and half cupfuls are indicated on measuring cups.

To secure satisfactory results, it is necessary to mix the ingredients with care. For this reason the directions for combining ingredients given in these recipes are explicit.

After the ingredients of a cake or other baked mixture are measured and mixed carefully, they need to be *baked accurately* to insure success. Many a cake has been ruined in baking. With a heat-regulated oven, however, the proper baking of a cake becomes an easy matter. For cakes, breads, roasts and all other baked foods, the Lorain Self-Regulating Oven is invaluable.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

LORAIN COOKING

CHAPTER I

Whole Meal Cooking—Menus, Meats

THE LORAIN HEAT-REGULATED OVEN HAS MADE POSSIBLE WHOLE MEAL COOKING

If a whole meal consisting of soup, meat, vegetables and dessert is placed in a Lorain heat-regulated oven, with the temperature wheel set at a low temperature, the meal may be baked for 3 to 5 hours without any watching.

Whole Meal Cooking is the cooking of an entire meal for a period of 3 to 5 hours in the oven, set at a low temperature. During this long period of cooking, the Lorain Heat Regulator maintains a constant temperature. Because the temperature of the oven is low and constant, very little evaporation takes place, and the foods do not burn. *No watching of the oven is needed during the entire period.* For this reason while the meal is cooking, a home manager may leave her home—go miles away, if she desires—or attend to other duties.

A dinner which is to be served in the evening may be prepared and placed in the oven during the early afternoon. It will be ready to serve when she returns to her home in the late afternoon.

In cooking a meal Whole Meal Style, the method generally used is as follows:

(1) Sear, i. e., brown, the meat uncovered at 450 degrees for 30 minutes.

(2) While the meat is searing, get the remainder of the

foods ready for the oven, placing them in covered pans or dishes.

(3) After the meat is seared, turn the temperature wheel to 275 degrees if the meal is to be cooked in 3 hours; or turn it to 250 degrees if the meal is to be cooked in 4 or 5 hours.

(4) Slip a rack underneath the meat. Pour boiling water in the pan and cover it, or merely cover the pan without adding boiling water.

(5) Place the remainder of the foods in the oven.

(6) Let the foods cook without watching for 3 to 5 hours.

The temperature and time for cooking foods whole meal style are:

Searing Temperature for Roasts, 450 deg.; Time, 30 minutes

Temperature for Baking the Meats and other Foods } *275 degrees; Time, 3 hours*
or
250 degrees; Time, 4 or 5 hours

Menus for whole meal cooking follow. Recipes for cooking meats, soups, vegetables and desserts, whole meal style are given in Chapters I and II. The pages given after the cooked foods of these menus refer to the whole-meal-recipes for the foods.

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Browned Potatoes 47
Baked Tomatoes and Onions 50
Celery
Canned Peaches 150

Tomato Soup 45
Veal Birds 30
Rice 55
Buttered Carrots and Peas 52
Cherry and Nut Salad with Savory French Dressing
Gingerbread 62
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Baked Split Peas and Bacon 53
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If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

BRAISED BEEF—Tough Cuts

(Chuck-rib or Shoulder, Rump, English Cut, Round)

Searing Temperature, 450 degrees; Time 30 minutes
then
Baking temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time 4 or 5 hours

4 or 5 pounds beef 1 tablespoonful salt

1 cupful of boiling water

Put the meat in a roasting pan and place it, *uncovered,* in the oven. Sear the meat at 450 degrees for 30 minutes.

Then remove the meat from the oven, slip a rack underneath the piece of meat and pour 1 cupful of boiling water in the bottom of the pan. Sprinkle the salt over the meat. *Cover* the roasting pan, and bake at 275 degrees for 3 hours, or at 250 degrees for 4 or 5 hours.

When the meat is cooked for the desired period of time, remove it from the oven, place it on a hot platter and serve at once.

ROAST BEEF—Tender Cuts

(Porterhouse, Sirloin, Prime Rib)

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

Follow the directions for Braised Beef except that no water should be poured in the bottom of the pan.

BAKED BEEF STEAK WITH ONIONS; BAKED CARROTS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

½ slice round steak, cut 1 inch thick (1¾ to 2 pounds)
or
1 flank steak
½ cupful flour
1½ pounds onions
1½ pounds carrots
1 tablespoonful salt
Several dashes of pepper

In following this recipe, meat, gravy and vegetables are cooked in one pan in the oven.

Trim the fat from the meat. Place it in a frying pan. Heat the pan slowly on the surface burner to try out the fat.

Cut the edges of the steak in a few places so as to prevent the steak from curling up. Sprinkle about ½ of the flour over the steak. Brown the steak in the fat in the frying pan. As the meat browns, sprinkle the remainder of the flour over it, so there will be sufficient flour to thicken the gravy formed by baking the steak and vegetables.

Place the browned steak in a pan or baking dish. Sprinkle the salt and pepper over it.

Wash the onions and remove any dried portion. Place ½ of the onions, whole, around the steak. Cut the remainder of the onions in slices and place them on top of the steak.

Wash and scrape the carrots. Cut them lengthwise into quarters. Place the carrots around and on top of the steak.

Cover the pan or dish. Place in the oven and bake at 275 degrees for 3 hours, or at 250 degrees for 4 or 5 hours.

Remove from the oven. Place the meat and chopped onions on a hot platter. Arrange the whole onions and carrots around the steak, alternating the vegetables, and radiating the pointed carrot pieces from the steak. Pour the gravy over the meat. Serve at once.

Yield: 6 servings.

LORAIN "POT ROAST"

Pot Roasts are often cooked on the surface burner. This requires much watchfulness. Lorain "Pot Roasts" are cooked in Lorain Ovens. No watching is necessary.

Temperature, 250 degrees; Time, 5 hours

4 pounds beef (tough cut may be used)
⅓ cupful flour
Fat from meat or other fat (about ¼ cupful)
2 cupfuls carrots, cut in pieces
2 cupfuls onions, sliced
2 cupfuls celery, cut in pieces
1 cupful tomatoes
3 sprigs parsley
1 tablespoonful salt
⅛ teaspoonful pepper
3 tablespoonfuls flour
3 tablespoonfuls cold water

Wash the meat. Sprinkle the ⅓ cupful of flour over it. In a frying pan, placed on the surface burner, brown the floured meat in the fat.

Place a rack in a pan or kettle. On top of the rack, place the meat. Put the carrots, onions, celery, tomatoes and parsley around the meat. Add the salt and pepper. Cover the pan or kettle. Bake in a Lorain oven whose temperature wheel is set at 250 degrees for 5 hours.

Remove the meat and vegetables to a hot platter. Mix the 3 tablespoonfuls of flour and cold water. Stir the mixture into the hot meat broth. Continue stirring and cook on the surface burner for at least 5 minutes. Serve hot with the meat and vegetables.

Yield: 8 to 10 servings.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

OX TONGUE

Ox tongue needs long slow cooking to make it tender. By means of a Lorain heat regulator, the long slow cooking may be done without any care or any fear lest the meat scorch or burn.

Temperature, 250 degrees; Time, 5 hours

1 fresh ox tongue (about 3½ pounds)
1 pint tomatoes or water
1 onion, sliced
⅛ teaspoonful pepper
2 teaspoonfuls salt

Wash the ox tongue thoroughly, using a brush. Place the tongue and the remainder of the ingredients in a pan. Heat on the surface burner until the boiling point is reached. *At once* cover the pan, and place it in an oven whose temperature wheel is set at 250 degrees. Cook for 5 hours.

Remove the tongue from the liquid in which it was cooked. Remove the skin and roots from the tongue.

If desired, the liquid in which the tongue was cooked may be thickened and used for a sauce. To do this mix:

2 tablespoonfuls flour
2 tablespoonfuls cold water

Pour this mixture into the hot liquid. Stir and cook for at least 5 minutes. Serve hot with the tongue.

Yield: 6 servings.

ROAST PORK

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

3 to 5 pounds roast pork*
1 cupful boiling water
1 tablespoonful salt
Dash pepper

*A 3 pound roast is sufficient for 6 persons. A larger roast, however, is thought to be finer in flavor.

In cooking Roast Pork, follow the method given for Braised Beef, page 23.

BREADED PORK CHOPS

(Delicious and easily prepared in a Lorain oven)

Temperature, 275 degrees; Time, 3 hours

or

Temperature, 250 degrees; Time, 4 or 5 hours

1 quart soft bread crumbs
1 chopped onion
1 chopped green pepper
1 tablespoonful chopped parsley
1½ teaspoonfuls salt
1 teaspoonful celery salt
2 eggs, beaten
6 pork chops (about 1½ pounds)
2 to 4 tablespoonfuls water

Mix all the ingredients except the pork chops and water.

Place the chops in a pan 9 or 10 inches in diameter. On top of each chop, place some of the bread mixture. Put the 2 tablespoonfuls water in the bottom of the pan if the chops are to be cooked for 3 hours at 275 degrees; if the chops are to be cooked for 4 or 5 hours at 250 degrees, add 4 tablespoonfuls water.

Cover the pan. Then place in a Lorain oven whose temperature is 275 degrees and bake for 3 hours; or place in a Lorain oven whose temperature is 250 degrees and bake for 4 or 5 hours. Serve hot.

Yield: 6 servings.

Oven-watching is unnecessary in a Lorain oven.

Keep the Oven Door Closed During Baking!

"BOILED" HAM

Temperature, 250 degrees; Time, 30 minutes per pound

Wash the ham using a brush. Place it in a kettle or roasting pan. If the former is used, cover the ham with water; if the latter, fill the pan at least ¾ full. Place the kettle or pan over the surface burner. Cover and heat until the water reaches the boiling point. Then immediately place it in the oven with temperature wheel set at 250 degrees and cook for 30 minutes for each pound. If the ham is cooked in a roasting pan, turn the meat when the cooking period is about half over. When the cooking period is completed, remove the ham from the oven, but let it remain in the water in which it was cooked until the meat is cold, or at least partially cold.

If the ham weighs less than 8 pounds, the time of baking given above—30 minutes per pound—is not sufficient. Most hams require at least 4 hours of baking.

BAKED SLICE OF HAM

(See Figure 3, page 31.)

Temperature, 275 degrees; Time, 3 hours

or

Temperature, 250 degrees; Time, 4 or 5 hours

1 slice of ham, 1½ inches thick
12 whole cloves
2 tablespoonfuls sugar
2 teaspoonfuls mustard
½ cupful vinegar
½ cupful water

Cut the fat from the ham. Stick the whole cloves into the meat. Place the ham in an enameled pan or glass dish. Cut the fat into bits and place it on top of the ham. Cover and bake at 400 degrees for ½ hour. Then mix the sugar, mustard, vinegar and water. Pour this mixture over the ham. Cover and continue baking at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours. Serve hot.

Yield: 6 servings.

VEAL LOAF

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

1 egg
½ cupful water
1 teaspoonful celery salt
⅛ teaspoonful thyme
1¾ teaspoonfuls salt
½ onion, chopped fine
2 tablespoonfuls lemon juice
1½ pounds veal, chopped
1 cupful soft bread crumbs
2 tablespoonfuls butter

Beat the egg. Add the water, seasoning, onion and lemon juice. Mix well. Then add the chopped veal and bread crumbs and mix.

Shape into a loaf. Place in a baking dish or pan. Place the butter in bits on top of the loaf. Bake at 450 degrees, uncovered for 30 minutes.

Then cover the dish or pan. Turn the Lorain wheel to 275 degrees and continue to cook the loaf for 3 hours or turn the wheel to 250 degrees and continue to cook for 4 or 5 hours.

Remove from the oven. Place the loaf on a platter. Serve hot or cold.

In case it is desired to serve the loaf hot, gravy may be made as follows:

½ cupful water
½ teaspoonful salt
2 tablespoonfuls flour
2 tablespoonfuls cold water

To the liquid left from the loaf add the ½ cupful water and salt. Then mix 2 tablespoonfuls flour with 2 tablespoonfuls cold water. Add this flour mixture to the meat broth. Stir and cook on the surface burner for 5 minutes. Serve hot.

Yield: 6 servings.

VEAL BIRDS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1½ pounds veal steak, sliced thin
2 ounces salt pork
1 egg
1 teaspoonful salt
¾ teaspoonful celery salt
⅛ teaspoonful pepper
⅛ teaspoonful thyme
½ onion, scraped (or 1 teaspoonful onion salt)
2 tablespoonfuls lemon juice
¾ cupful bread crumbs
Flour for dredging
Butter for browning
1½ cupfuls boiling water

Wash the veal, and trim the fat from it. Then cut the veal into six pieces, making each piece as nearly square as possible. Use the remainder of the ingredients, except the flour, butter and water for stuffing. Prepare the stuffing as follows:

Put the salt pork through a food chopper. Beat the egg. Add it to the pork. Then add the remainder of the ingredients.

Divide the stuffing into as many portions as there are pieces of veal. Place a portion of the stuffing on each piece of veal. Then pin together the four corners of each piece of veal by means of a toothpick. If necessary, thrust other toothpicks into the veal to hold the stuffing in place.

Dredge the pieces of veal (or veal birds) with flour. Try-out the fat trimmed from the veal, i. e., heat the fat over a low flame until the fat is freed from the tissue holding it in place. Add the butter to the veal-fat and brown the meat in the fat mixture. (Let the meat cook in the fat until it is dark brown.) While the veal is browning, add two tablespoonfuls more of flour to the fat in the bottom of the frying pan so as to thicken the sauce around the meat when the latter is sufficiently cooked.

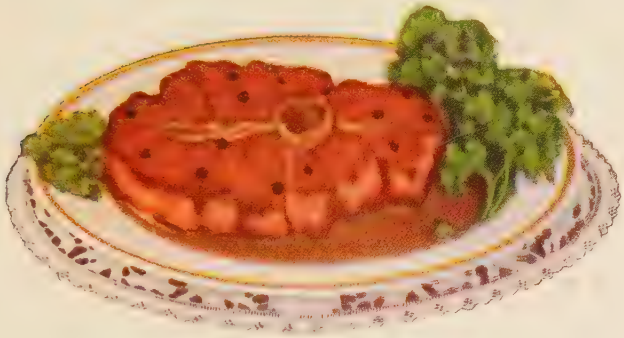

Fig. No. 3—Baked Slice of Ham (see page 28)

Fig. No. 4—Breaded Baked Chicken and Giblet Gravy (see page 37)

Fig. No. 5—Turkey Dinner (see page 40)

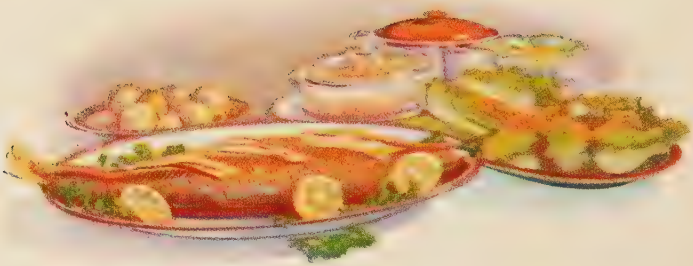

Fig. No. 6—Fish Dinner (see page 43)

After browning, sprinkle salt over the veal and pour 1½ cupfuls of boiling water on it. Turn the meat and sauce into a casserole or pan. Cover and bake in the oven at 275 degrees for 3 hours, or 250 degrees for 4 or 5 hours.

Yield: 6 servings.

ROAST VEAL

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

In roasting veal, follow the method given for Braised Beef, page 23.

ROAST LAMB

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

In roasting lamb, follow the method given for Roast Beef, page 23.

ROAST MUTTON

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

In roasting mutton, follow the method given for Braised Beef, page 23.

STUFFED AND BAKED CALF'S HEART WITH ONIONS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1 calf's heart
Bread stuffing
2 tablespoonfuls flour
2 slices bacon
2 cupfuls tomatoes
1 teaspoonful salt
Dash pepper
6 onions, medium size

Wash a calf's heart. Cut away the large veins and arteries. In the cavity made by removing the large veins and arteries put a stuffing made of the following ingredients:

1 cupful soft bread crumbs
½ teaspoonful salt
½ teaspoonful powdered sage
Dash pepper
2 tablespoonfuls butter

Mix the bread crumbs and seasoning. Melt the butter; add the seasoned crumbs and stir until the ingredients are mixed.

Sew or skewer the heart so as to hold the stuffing in place. Sprinkle 2 tablespoonfuls of flour over the heart.

In a frying pan, put the bacon. Heat the pan on the surface burner until the bacon is hot. Then add the heart and brown the surface of the heart.

Put the tomatoes, salt and pepper in a baking pan. Heat on the surface burner until the tomatoes reach the boiling point. Then add the stuffed and browned heart.

Wash the onions. Place the whole onions around the heart. Cover the baking pan and bake at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours.

Remove from the oven. Place the heart in the center of a platter. Surround the heart with the onions. Remove the pieces of bacon from the tomato mixture. Then pour the tomatoes over the heart and serve at once.

A calf's heart of average weight serves 4 persons.

STUFFED AND BAKED BEEF'S HEART WITH ONIONS

Temperature, 250 degrees; Time, 5 hours

1 beef's heart
Bread stuffing
¼ cupful flour
4 slices bacon
3 cupfuls tomatoes
1½ teaspoonfuls salt
Dash pepper
8 onions, medium size

Soak the beef's heart in cold water for 1 hour. Cut away the large veins and arteries. In the cavity made by removing the large veins and arteries put a stuffing made of the following ingredients:

2 cupfuls soft bread crumbs
1 teaspoonful salt
1 teaspoonful powdered sage
Dash pepper
4 tablespoonfuls butter

Prepare the stuffing as directed in the recipe for Stuffed and Baked Calf's Heart with Onions, page 34. Then proceed with the stuffing, browning, baking and serving of beef's heart as directed in the recipe for Calf's Heart.

Yield: 6 servings.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

LORAIN "STEWED" CHICKEN WITH DROP BISCUITS AND GRAVY

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours
After Biscuits are added:
Temperature, 475 degrees; Time, 15 minutes

1 dressed chicken (from 6 months to 1 year old) weighing from 3½ to 4 pounds

Singe the chicken by holding it over a gas flame. Remove the pin feathers and cut the oilbag from the tail.

If the chicken has not been drawn, remove the entrails. Then cut it into pieces and carefully wash each piece.

Place the pieces of chicken in a roasting pan provided with a rack. Sprinkle 1 tablespoonful salt over the chicken. Pour 2 cupfuls boiling water in the bottom of the pan. Cover the pan. If the cover of the latter has a valve, open the valve. Place the pan in the oven whose temperature wheel is set at 275 degrees and bake for 3 hours. Or place the pan in an oven whose temperature wheel is set at 250 degrees and bake 4 or 5 hours.

When the baking period is completed, remove the pan from the oven; and pour the broth from the pan. (Save the broth for making gravy.)

Have ready a biscuit mixture made as follows:

2½ cupfuls soft wheat or pastry flour sifted before measuring
5 teaspoonfuls baking powder
1 teaspoonful salt
3 tablespoonfuls fat
⅞ cupful water

Mix the flour, baking powder and salt. Sift these ingredients into a bowl. Work in the fat with a fork or by means of the finger tips. Add the water, mixing it with the other ingredients by cutting the mixture with a knife. Drop a

tablespoonful of the dough on top of each piece of chicken. Place the chicken and biscuit mixture in the oven, turning the temperature wheel to 475 degrees. Bake uncovered for 15 minutes.

While the biscuits are baking, prepare gravy using the broth drained from the chicken. Use the following ingredients and method:

6 tablespoonfuls flour
Salt if needed
Dash pepper
6 tablespoonfuls chicken fat (see p. 39) or butter
Broth drained from chicken

In a saucepan, mix the flour, pepper and fat. Add the broth. Stir and cook on the surface burner until the mixture reaches the boiling point. Serve hot over the chicken and biscuit.

BREADED BAKED CHICKEN

(See Fig. 4, page 31.)

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

1 dressed chicken (from 6 months to 1 year old) weighing 3½ to 4 pounds

Prepare the chicken for baking as directed on page 36.

In order to make the baked chicken more tasty and to make it very pleasing in appearance each piece of chicken may be dipped first into a thin batter and then into bread crumbs. The recipes for the batter and buttered bread crumbs follow:

BATTER FOR DIPPING CHICKEN

1 egg
¼ cupful milk
¼ teaspoonful salt
Dash of pepper
¼ cupful bread flour

Beat the egg. Then add the milk, salt and pepper. Mix these ingredients. Now add the flour and beat the mixture until it is smooth.

BUTTERED BREAD CRUMBS

1¼ cupfuls dried bread crumbs
2 teaspoonfuls salt
Dash of pepper
⅓ cupful butter

Mix the bread crumbs, salt and pepper. Melt the butter in a sauce pan. Remove the butter from the fire, then add the seasoned crumbs. Mix well.

NOTE:—Pieces or crusts of bread which have become too hard for table use may be dried in the oven with temperature wheel set at 250 degrees, until the bread is entirely dry. Then it may be crumbed by passing it through a meat grinder or food chopper.

DIPPING THE CHICKEN

Dip a piece of chicken into the batter or spread the batter on each piece with a spoon or knife. Then dip the piece into the bread crumbs. Repeat this process until all the chicken is dipped in the batter and crumbs.

BAKING THE CHICKEN

Light the oven burner and set the temperature wheel at 450 degrees. If the oven requires pre-heating, let it preheat for 20 minutes.

Insert the rack in a roasting pan and place the pieces of chicken on top of the rack. Put the pan uncovered in the oven and let the chicken sear for 30 minutes.

Then add 1 pint boiling water to the chicken. Place the giblets at the edge of the rack so they come in contact with the water. Cover the pan. If the cover of the roasting pan is provided with a valve, keep the valve open during baking. Set the temperature wheel at 275 or 250 degrees. Continue to bake the chicken for 3 to 5 hours. Then remove it from the oven. Place the chicken on a hot platter and set it in the warming oven while the gravy is being made. Serve hot. (See Fig. 4, page 31.)

GIBLET GRAVY

1 cupful chicken broth and water	3 tablespoonfuls butter
½ cupful milk	½ teaspoonful salt
¼ cupful flour	Dash of pepper
	Chopped giblets

Pour the chicken broth from the roasting pan into a measuring cup. Then fill the cup with water.

Put the butter in a sauce pan. Melt the butter, then add the flour. Stir and cook the mixture until it is brown. Then add the salt, pepper and diluted chicken broth. Stir and cook until the mixture thickens. Then add the milk and continue to stir and cook until the mixture reaches the boiling point.

Add the chopped giblets. Heat until the mixture boils again. Serve hot.

BAKED FOWL

Searing Temperature, 450 degrees; Time, 30 minutes

then

Baking Temperature, 250 degrees; Time, 5 hours

For baking fowl, follow the directions for Breaded Baked Chicken, using the 5 hour period of baking. Since fowl is tougher than chicken, 3 hours of baking is usually not sufficient to make fowl tender.

Often there is an excess of *fat* in a fowl. This may be *tried out* and used for making the Giblet Gravy. To do this, cut the fat into small pieces; place it in a small pan and add ¼ cupful of water. Put the pan in the oven when the temperature is reduced to 250 degrees, and let the fat cook, uncovered, while the chicken bakes. This tried-out chicken fat may be used instead of butter in making the gravy.

PLAIN BAKED CHICKEN

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

Follow the recipe for Breaded Baked Chicken (see page 37) with the following change:

Spread each piece of chicken with the mixture given below instead of dipping in batter and buttered bread crumbs:

⅓ cupful butter
⅓ cupful bread flour
1 teaspoonful salt
Dash of pepper

Cream the butter, add the other ingredients and mix well.

Then spread this mixture on each piece of chicken.

ROAST TURKEY

(See Fig. 5, page 32.)

Searing Temperature, 450 degrees; Time, 30 minutes
then
Baking Temperature, 275 degrees; Time, 3 hours
or
Baking Temperature, 250 degrees; Time, 4 or 5 hours

CLEANING AND STUFFING THE TURKEY

Select a young turkey. If not already removed, cut off the head and feet. Loosen the skin from the neck, push the skin back and cut off the neck close to the body. Remove the pin-feathers and cut the oil bag from the tail. Remove the internal parts from the turkey unless this has been done before the poultry was purchased. Cut the giblets from the entrails. Wash the poultry inside and out. Wash the giblets. Prepare stuffing for the turkey, using the following ingredients and method:

2 quarts stale (not hard) bread crumbs
4 teaspoonfuls salt
2 teaspoonfuls ground sage*
¼ teaspoonful pepper
½ cupful butter or mixture of butter and butter substitute

*The sage may be omitted, if desired.

Mix the crumbs and seasoning. Melt the butter or other fat. Add the seasoned crumbs. Stir and heat until the crumbs are slightly browned.

Fill the turkey with the stuffing and sew up the incisions in the skin through which the stuffing was inserted.

TRUSSING THE TURKEY

In order that the wings and legs may not become drier than the other parts of the turkey, they should be held fast to the body. To accomplish this, insert a skewer through the wings and breast. Then thrust another skewer through the turkey just underneath the legs. With strings, tie the ends of the legs together and fasten them by means of the string to the tail. Then wind the ends of string fastened to the tail around the ends of the skewer which are projecting from the turkey. Cross the ends of string over the back and wind them around the ends of the skewer projecting from the wings. Tie the strings together at the back. If the turkey is trussed as directed above there is no string across the breast which might mar its appearance when served. The turkey should be served breast side up. Place the turkey in a cool place until it is time to cook it.

ROASTING THE TURKEY

Place the turkey in a roasting pan. Sear at the temperature and for the time indicated on page 40. Then remove from the oven, slip a rack underneath the turkey and sprinkle it with salt (at least 1 tablespoonful), add 1½ cupfuls of boiling water. Place the giblets and neck at the edge of the rack so they come in contact with the water.

Cover the pan, and return it to the oven, with the temperature wheel set at 275 or 250 degrees and bake for 3 to 5 hours. When ready for serving, remove the skewers and string and place it on a hot platter, breast side up. (See Fig. 5, page 32.)

TRIED-OUT TURKEY FAT

If there is more fat than is needed to cook the turkey, try it out as directed for chicken fat. (See *Baked Fowl*, page 39.)

GIBLET GRAVY

8 tablespoonfuls turkey fat or butter
½ cupful flour
1 cupful water or potato water
Turkey broth
½ teaspoonful pepper
Salt if needed
Chopped giblets

Skim the fat from the broth around the turkey, or use the turkey fat which has been tried-out, or butter. Put the fat in a saucepan, add the flour. Stir and cook over a flame until the mixture is browned. Then add the turkey broth and plain water or water drained from potatoes. Stir and cook until the mixture is thickened.

Chop the giblets and add them to the gravy, also add pepper and salt, if needed. Serve hot.

Oven-watching is unnecessary in a Lorain oven.

Keep the Oven Door Closed During Baking!

STUFFED BAKED FISH

(See Fig. 6, Page 32)

Searing Temperature, 450 degrees; Time, 30 minutes

then

Baking Temperature, 275 degrees; Time, 3 hours

or

Baking Temperature, 250 degrees; Time, 4 or 5 hours

1 fish weighing 3½ pounds
Salt
2 ounces salt pork or bacon
1 cupful boiling water

Clean the fish, making sure that the scales and entrails are completely removed. If the head of the fish has not been removed before purchasing, it may be cut off before cooking. Wash the fish, both inside and outside. Sprinkle salt on the inside of the fish, then fill it with stuffing. The recipe for the stuffing, and directions for baking the fish follow:

2 cupfuls soft bread crumbs
½ teaspoonful salt
⅛ teaspoonful pepper
Few grains Cayenne
1 teaspoonful scraped onion
2 tablespoonfuls butter or substitute
1 tablespoonful chopped parsley

In the saucepan mix the bread crumbs, seasoning, and onions. Push the seasoned crumbs from the center of the pan and put the butter in the center. Then place the saucepan over a surface burner. When the butter is melted, mix the crumbs with it, and continue to stir and heat the mixture until the crumbs are slightly browned. Remove from the flame and add the parsley to the buttered crumbs.

To hold the stuffing in the fish, the cut edges of the fish may be "pinned" together with small wire skewers.

In order that the fish, after baking, may be removed *whole* from the baking pan to the platter, it is especially desirable to bake it in a roasting pan provided with a rack, or in a fish kettle.

Oil the rack of the baking pan or fish kettle, put 2 or 3 slices of salt pork or bacon on the rack, and then place the fish on the rack and insert the latter in the pan. Put several pieces of salt pork or bacon on top of the fish. Place the fish uncovered in an oven, which has been pre-heated* and whose temperature wheel is set at 450°. Sear the fish for 30 minutes, then remove it from the oven. Sprinkle the fish with salt, and pour 1 cupful boiling water in the pan and cover it. Return the pan to the oven. Set the temperature wheel at 275° or 250° and continue to bake the fish for 3 to 5 hours.

When the meal is ready to be served, remove the rack from the roasting pan, loosen the fish from the rack by means of a knife, and slip the fish onto a hot platter. Garnish the fish with sprigs of parsley, and slices of lemon. Serve at once. (See Fig. 6, page 32.)

*If your oven requires pre-heating.

If your oven requires pre-heating, pre-heat it for all baked foods
Use Level Measurements Only

CHAPTER II

Whole Meal Cooking—Soups, Vegetables, Desserts

TOMATO SOUP

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1 can tomatoes (1 quart)
1 cupful water
1 cupful fresh celery leaves or ¼ cupful dried celery leaves
1 onion sliced
4 whole cloves
3 allspice berries
12 pepper-corns
1 tablespoonful salt
4 tablespoonfuls butter
¼ cupful flour

Put all the ingredients, except the butter and flour, in a pan. Cover and cook in the oven with temperature wheel set at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours. Then remove from the oven and strain the mixture.

In a saucepan put the butter. Melt it on a surface burner (or on top of the oven). Remove from the flame and mix the flour with it. Then add to this flour-and-butter paste a small portion of the strained tomato mixture. Stir and cook on the surface burner until the mixture thickens. Then continue adding the strained tomato in portions and stirring and cooking after each addition. When the soup reaches the boiling point after the last portion of strained tomato has been added it is ready to serve.

Yield: 6 servings, each about ¾ cupful.

VEGETABLE SOUP

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

½ cupful turnips, cut in dice
½ cupful carrots, cut in dice
½ cupful celery, cut in small pieces
½ onion, cut in bits
4 tablespoonfuls butter
1 cupful potatoes, cut in dice
1 quart water
2 teaspoonfuls salt

In the pan in which the soup is to be made, put the turnips, carrots, onion, celery, and butter. Stir and cook on the surface burner until the vegetables are browned. Now add the remaining ingredients. Cover and cook in the oven with temperature wheel set at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours. Serve hot.

If desired, one cupful chopped meat may be browned with the vegetables. If meat is used, boiling water rather than cold should be added to the browned foods. Also, instead of boiling water, hot soup stock may be used.

Yield: 6 servings, each about ¾ cupful.

BAKED POTATOES, CREAMED

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

6 baked potatoes
1 cupful milk
2 tablespoonfuls butter
2 tablespoonfuls flour
1½ teaspoonfuls salt
Dash of pepper

Bake the potatoes with the remainder of the meal. When they are taken from the oven pare and cut the potatoes into cubes.

Make a white sauce on the surface burner by melting the

butter in a saucepan, adding the flour, salt and pepper and mixing well. Then add the milk, stir and cook until the mixture reaches the boiling point. Add the diced potatoes. Let the mixture cook until the potatoes are hot. Serve hot.

NOTE: In order that the potatoes may be ready to serve when the remainder of the foods are removed from the oven, a few minutes before it is time to take the whole meal from the oven, the baked potatoes may be removed and creamed.

Yield: 6 servings.

BROWNED POTATOES

Temperature, 450 degrees; Time, 30 minutes
then
Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

5 cupfuls sliced uncooked potatoes
1 tablespoonful salt
3 dashes pepper
4 tablespoonfuls butter

After the potatoes are washed, pared and sliced, drain the water from them. Place about ⅓ of the potatoes in an earthenware or glass baking dish. Add about ⅓ of the salt, a dash of pepper, and about 1 tablespoonful of fat cut into bits. Put a second and third layer of potatoes into the dish, adding seasoning to each layer, also add 1 tablespoonful of butter to the second layer and 2 tablespoonfuls to the top layer. Bake the uncovered potatoes at 450 degrees for 30 minutes. Then cover and bake at 275 or 250 degrees from 3 to 5 hours.

Serve this vegetable hot in the dish in which it was baked.

Yield: 6 servings.

SCALLOPED POTATOES

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

4 cupfuls uncooked sliced potatoes
¼ cupful cracker crumbs
3 tablespoonfuls butter
2¼ teaspoonfuls salt
2¼ cupfuls milk

In a buttered baking dish or pan put a layer of potatoes, one of cracker crumbs, some of the butter and salt. Arrange the remainder of the materials in layers. Then add the milk.

Cover the dish or pan and bake at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours.

Yield: 6 servings.

MASHED POTATOES

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

6 large potatoes
1 teaspoonful salt
Dash of paprika
2 tablespoonfuls butter
Hot milk or cream
Salt to season

Wash and pare the potatoes. Place in a pan, add 1 teaspoonful salt and cold water to cover. Cover with a lid, place in the oven and cook at 275 degrees for 3 hours, or at 250 degrees, 4 or 5 hours. Drain off the water (save it for gravy, see page 42) and mash the potatoes thoroughly. Add the butter, enough hot milk or cream to moisten, enough salt to season, and a dash of paprika. Beat until light in color.

Turn into a hot vegetable dish and serve at once.

Yield: 6 servings.

CANDIED SWEET POTATOES

Temperature, 450 degrees; Time, 20 to 30 minutes
then
Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1 tablespoonful butter
½ cupful light brown sugar
1 teaspoonful salt
6 sweet potatoes (2 pounds)

Scrub and pare the potatoes and cut them in halves lengthwise.

Put the butter, sugar and salt in the pan or baking dish. Add the potatoes. Place the pan or dish uncovered in the oven. Set at 450 degrees. Let the potatoes cook in the oven for about 10 minutes, then open the oven door and turn the potatoes over so as to brown the entire surface. Let them cook for about 10 minutes longer. Then cover the dish or pan of potatoes and let them cook at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours.

Turn into a hot vegetable dish or tureen, and serve at once.

Yield: 6 servings.

MASHED SQUASH

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

¼ to ½ squash (depending upon the size)
2 tablespoonfuls butter
Salt
Pepper
1 teaspoonful sugar

Cut the squash into several pieces and remove the seeds. Place it in a pan, do not add any water. Cover and bake at 275 or 250 degrees for 3 to 5 hours. Then remove from the oven, scrape the edible portion from the shell. Mash the squash, add the butter, sugar, and enough salt and pepper to season it. Serve hot. If the squash is dry, hot milk or cream may be added.

Yield: 6 servings.

BUTTERED ONIONS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1½ pounds onions
2 quarts boiling water
2 teaspoonfuls salt
2 tablespoonfuls butter
1 teaspoonful salt
Dash of paprika

Wash the onions and remove the dried outer covering. Put them in a sauce pan, add the boiling water, and 2 teaspoonfuls of salt. Cover and place in the oven at 275 or 250 degrees for 3 to 5 hours. Cook until the meal is removed from the oven. Then drain off the water, add the butter, 1 teaspoonful of salt and the paprika. Turn into a hot vegetable dish and serve at once.

Yield: 6 servings.

CREAMED ONIONS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

Cook the onions as directed for Buttered Onions at top of page. After the onions are cooked, instead of adding the butter, 1 teaspoonful of salt and paprika, prepare a cream sauce as directed for Baked Potatoes, Creamed, on page 46.

Yield: 6 servings.

BAKED TOMATOES AND ONIONS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

3 cupfuls canned tomatoes
1 cupful sliced onions
2½ teaspoonfuls salt
⅛ teaspoonful pepper

Put these ingredients into a baking dish or pan. Stir to mix the materials. Then cover the dish or pan, place in

the oven and bake at 275 or 250 degrees from 3 to 5 hours.

Turn into a hot vegetable dish and serve at once.

Yield: 6 servings.

CREAMED CARROTS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

2 pounds carrots Cream sauce

Scrape carrots. Place in a baking pan or dish. Cover with boiling water. Add 1 teaspoonful salt. Cover and bake at 275 or 250 degrees 3 to 5 hours. Drain the water from the carrots and cut them into cubes or into strips.

Prepare the same sauce as for Baked Potatoes, Creamed, see page 46. Add the hot carrots to the sauce. Serve hot.

Yield: 6 servings.

BAKED BUTTERED CARROTS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

2½ pounds carrots 1 tablespoonful salt
5 tablespoonfuls butter 1½ teaspoonfuls sugar
Dash of pepper

Scrape the carrots then cut them lengthwise into slices. Put them and the remaining ingredients into a baking pan or dish. Cover and bake at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours. Remove from the oven. Uncover and cook on the surface burner for 15 minutes or until browned. Serve at once.

Yield: 6 servings.

BUTTERED CARROTS AND PEAS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

4 carrots (medium size)
1 can peas
1 teaspoonful salt
Dash of pepper
2 tablespoonfuls butter

Scrub and scrape the carrots and cut them into dice. Place the carrots, peas (do not drain the liquid from the latter), salt and pepper in a baking dish. Cover and bake at 275 or 250 degrees 3 to 5 hours.

Then drain the liquid from the vegetables. Add the butter. Heat in the oven or on the surface burner until the butter is melted. Serve at once.

Yield: 6 servings.

BAKED CORN

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1 can corn
½ cupful milk
1 tablespoonful butter (cut into bits)
1¼ teaspoonfuls salt
⅛ teaspoonful pepper

Turn the corn into a baking dish or pan. Add the milk, salt, pepper and butter. Mix and cover. Place in the oven at 275 or 250 degrees and bake for 3 to 5 hours. Serve hot.

Yield: 6 servings.

Oven-watching is unnecessary in a Lorain oven.

Keep the Oven Door Closed During Baking!

LIMA BEANS AND BACON

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

½ pound lima beans
2 ounces bacon
1 small onion, sliced
⅛ teaspoonful pepper
½ cupful carrots, cut in cubes
1¼ teaspoonfuls salt
1 cupful water

Wash the beans, cover with cold water and let stand at least 6 hours. Then drain off the water.

In a frying pan brown the bacon, onions and carrots.

Put the beans, bacon, onions, carrots, seasoning and 1 cupful of water in a pan or baking dish, cover and bake at 275 or 250 degrees for 3 to 5 hours. Serve hot.

Yield: 6 servings.

BAKED SPLIT PEAS AND BACON

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1½ cupfuls split peas
1½ teaspoonfuls salt
1½ cupfuls water
3 ounces bacon

Wash the peas, cover them with a pint or more of cold water. Let the peas and water stand for at least 6 hours. Drain off the water thoroughly.

Clean the bacon by scraping its surface with a knife. Then cut it into thin slices. In a saucepan slowly cook the sliced bacon until it is slightly browned. Then add the peas, salt and water to the bacon. Cook the mixture on the surface burner until it reaches the boiling point. At once pour this mixture into a bean crock or baking dish. Bake at 275 or 250 degrees for 3 to 5 hours.

NOTE: If desired, one small onion may be sliced and baked with the peas.

Yield: 6 servings.

BOSTON BAKED BEANS

Temperature, 250 degrees; Time, 8 hours or more

1 pound (or 2½ cupfuls) Navy beans
1 tablespoonful salt
½ teaspoonful dry mustard
3 tablespoonfuls molasses
3¼ cupfuls water
4 ounces bacon or salt pork

Wash the beans, add a quart or more of cold water and let the beans and water stand for at least 6 hours. Drain off the water thoroughly. Put the beans in a saucepan, add the seasoning, molasses, and water. Cook on the surface burner until the beans reach the boiling point. Boil 3 minutes. At once pour the hot beans into a bean crock.

While the beans are cooking, clean the fat meat by scraping its surface with a knife. Then score the meat, i. e., cut gashes in it nearly to the rind. Add the meat to the bean mixture. Place the crock in the oven (with the temperature wheel set at 250 degrees) and let the beans bake for 8 hours or more.

Yield: 12 servings.

STUFFED GREEN PEPPERS

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

6 green peppers
½ cupful rice
1¼ cupfuls canned tomatoes
2 teaspoonfuls salt
1 cupful cheese (cut in pieces)

Wash the peppers, cut a slice from the stem end of each pepper, or (if the peppers are very large) cut each pepper in half lengthwise. Remove the seeds.

Wash the rice. On the surface burner cook it in ½ cupful of the canned tomatoes until the mixture is dry. Remove from the stove, add the remainder of the tomatoes and the other ingredients.

Fill the peppers with the rice mixture. Place the peppers upright in a baking dish or pan, and pour enough boiling water into the dish or pan to cover the bottom of it. Cover the dish or pan, place it in the oven and bake at 275 or 250 degrees for 3 to 5 hours.

Yield: 6 servings.

RICE

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1 cupful rice
1 level tablespoonful salt
2½ quarts cold water

Wash the rice. Place it together with the water and salt in a three-quart pan. Cover and cook at 250 or 275 degrees with the rest of the whole meal.

When the meal is removed from the oven, pour the rice into a colander or strainer. When the water is drained from it, pour some boiling hot water over the rice so as to rinse off the starch paste that may be adhering to the grains.

Pour the rice at once into a hot dish. Put pieces of butter on the top and several dashes of paprika. Serve immediately.

Yield: 6 servings.

BAKED SPAGHETTI AND TOMATOES

Temperature, 275 degrees; Time, 3 hours

or

Temperature, 250 degrees; Time, 4 or 5 hours

1 cupful uncooked spaghetti, broken in pieces 2 inches long
4 cupfuls strained tomato pulp
1 teaspoonful salt
Dash pepper
½ teaspoonful curry powder
1 cupful cheese cut in pieces
2 tablespoonfuls butter

Mix the spaghetti, tomato, salt, pepper and curry powder. Heat on the surface burner until the mixture reaches boiling point. Cover and place in the oven, whose temperature wheel is set at 275 or 250 degrees. Bake from 3 to 5 hours. Then add the cheese and butter. Continue baking for 15 minutes longer. Serve hot.

The process may be further simplified by using unstrained tomato. The curry powder may be omitted, if desired.

Yield: 6 servings.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

RICE AND DATE PUDDING

Temperature, 275 degrees; Time 2½ to 3 hours

or

Temperature, 250 degrees; Time, 3½ to 5 hours

½ cupful rice
½ cupful dates, stoned
½ cupful sugar
¼ teaspoonful salt
3 cupfuls milk

Wash the rice. Pour it into a baking pan. Add the milk, sugar and salt. Stir and heat on the surface burner (flame turned low) until the mixture reaches the boiling point. At once, remove from the fire. Add the dates. Cover the pan and place it in the oven. Bake at 275 or 250 degrees.

One half hour before the other foods of the meal are removed from the oven, remove the pudding from the oven. Pour the hot pudding mixture into 6 custard cups, pressing the mixture in each cup. Set the cups aside to cool. (It is well to surround the cups with cold water.) When it is time to serve the dessert, turn the pudding out of each cup. Place a spoonful of whipped cream on top of each portion of pudding, or serve the pudding with plain cream. If desired, each serving of pudding may be garnished with a maraschino cherry.

In case it is inconvenient to take the dessert from the oven before the remainder of the meal is removed, the pudding may be cooked for the same length of time as the remainder of the meal. The dessert may then be served without molding in custard cups.

Yield: 6 servings.

APRICOT AND PINEAPPLE TAPIOCA

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

½ cupful dried apricots
2½ cupfuls boiling water
½ cupful minute tapioca
¾ cupful sugar
½ teaspoonful salt
2 slices canned pineapple

Wash the apricots and pour enough cold water over them to cover. Let the fruit stand for several hours.

Drain the water from the fruit and add enough boiling water to the apricot water to make 2½ cupfuls. Pour the water into a saucepan, gradually add the tapioca and cook the mixture for 15 minutes, stirring occasionally.

Pour the hot tapioca into a baking dish or pan, add the soaked apricots, sugar and salt. Cut the pineapple into pieces and add it to the other ingredients. Cover the baking dish or pan and place it in a larger pan in which there is a little hot water. Place in the oven and bake at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours.

As soon as removed from the oven, uncover and set aside to cool slightly before serving.

Yield: 6 servings.

SCALLOPED APPLES; ORANGE SAUCE

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

3 cupfuls soft bread crumbs
3 tablespoonfuls butter
1 quart apples cut into pieces
½ cupful water
½ cupful sugar
¼ teaspoonful ground cinnamon
½ teaspoonful ground nutmeg

Put the butter in a saucepan, place the pan on a surface

burner and heat until the butter is melted. Then add the crumbs and stir until the butter is well mixed with the crumbs. Do not brown the crumbs.

In a pan or bowl mix the apples, sugar, spices and water.

Put ¼ of the buttered crumbs in the bottom of a baking dish, add ½ of the apple mixture, then ¼ more of the crumbs, and the remainder of the apple mixture. Cover with the remaining ½ portion of the crumbs.

Bake covered at 275 or 250 degrees for 3 to 5 hours. Serve with Orange Sauce or with Cream. If Orange Sauce is not used in serving, add ½ lemon (juice and grated rind) to the apple mixture.

Orange Sauce

½ cupful cold water
1 tablespoonful cornstarch
⅛ teaspoonful salt
1 orange (juice and grated rind)
1 tablespoonful butter
½ cupful sugar
1 egg
1 tablespoonful lemon juice

In a saucepan put the water, cornstarch, salt and grated orange rind. Mix well. Stir and cook on a surface burner for 5 minutes.

Now add the butter, sugar, and egg-yolk to the hot mixture. Mix the ingredients thoroughly. Place an asbestos mat over the burner; place the saucepan on the mat and stir and cook the sauce until the egg-yolk is thickened. Remove from the stove.

Beat the egg-white stiff and fold it into the hot mixture. Add the orange and lemon juice. Mix well and set aside until the dessert is ready to be served.

Yield: 6 servings.

CARROT PUDDING

Temperature, 250 degrees; Time, 3 or 4 hours

1½ cupfuls chopped uncooked carrots
1 cupful chopped uncooked potatoes
1 cupful chopped raisins
1 cupful currants
1 cupful chopped suet
½ cupful chopped nuts
1 cupful light brown sugar
½ cupful flour
1 teaspoonful baking soda
1 teaspoonful salt

Through a food chopper run the carrots, potatoes, raisins, suet and nuts. Add the currants and sugar. Mix the flour, soda and salt. Then sift this mixture into the other ingredients. Mix thoroughly. Turn into greased pudding molds or into greased one pound baking powder cans, filling the molds or cans about three-fourths full. Cover the molds or cans. Bake at 250 degrees for 3 or 4 hours. It is not necessary to surround the pudding molds with water during baking.

When baked, uncover the molds and let the pudding cool slightly. Then turn it from the molds and serve with the following:

SAUCE

2 teaspoonfuls butter
2 tablespoonfuls flour
¾ cupful sugar
1 cupful water
1 egg-yolk
⅛ teaspoonful salt
¼ teaspoonful nutmeg
1½ teaspoonfuls lemon juice
1 teaspoonful vanilla
1 egg-white

In a saucepan mix the butter, flour and sugar. Then add the water. Stir and cook until the mixture boils. Then

add one beaten egg-yolk and continue cooking for two minutes. Remove from the fire.

Add the salt, flavoring materials, and stiffly-beaten egg-white.

Yield: 8 servings.

DATE AND NUT PUDDING

Temperature, 275 degrees; Time, 3 hours

or

Temperature, 250 degrees; Time, 4 or 5 hours

1 egg
1 cupful sugar
½ cupful milk
1 teaspoonful vanilla
1 cupful flour
2 teaspoonfuls baking powder
½ teaspoonful salt
1 cupful dates
1 cupful California walnuts

Break the egg into a bowl, beat it, then add the sugar, milk and vanilla; mix.

Seed the dates and cut them into pieces. Cut the walnuts into pieces. Mix the dry ingredients with the dates and nuts and then add them to the egg mixture. Mix and turn into oiled or greased earthenware individual molds, filling the molds about ⅔ full with the mixture. Put the molds in a pan, pour hot water to the depth of an inch in the pan. Cover the pan containing the molds. Bake in the oven at 275 or 250 degrees for 3 to 5 hours.

Serve with plain, whipped or ice cream. If the latter is used, a slice of brick ice cream may be put on each dessert plate and a serving of pudding on top of each slice of ice cream.

Yield: 6 servings.

INDIAN PUDDING

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1 pint milk
3 tablespoonfuls corn meal
2 tablespoonfuls butter
3 tablespoonfuls molasses
¼ teaspoonful ginger
¼ teaspoonful nutmeg
¼ teaspoonful cinnamon
1 teaspoonful salt
¼ cupful sugar
2 eggs, beaten

Put the milk in the top of a double boiler and heat over water. Then add the cornmeal. Stir and continue cooking over hot water for 15 minutes. Then add the remainder of the ingredients. Stir until all materials are well mixed.

Pour the mixture into a greased baking dish or pan. Cover the dish or pan and place it in a pan of hot water. Bake in the oven at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours. Serve warm with plain or whipped cream.

Yield: 6 servings.

GINGERBREAD WITH ORANGE MARSHMALLOW SAUCE

Temperature, 275 degrees; Time, 3 hours
or
Temperature, 250 degrees; Time, 4 or 5 hours

1 egg
½ cupful sugar
1 cupful thick sour milk
½ cupful molasses
2 cupfuls flour (preferably soft wheat or pastry flour)
½ teaspoonful salt
¾ teaspoonful baking soda
1 teaspoonful baking powder
¾ teaspoonful ginger
¾ teaspoonful nutmeg
½ teaspoonful cinnamon
3 tablespoonfuls butter or other fat

Beat the egg, add the sugar, sour milk and molasses.

Sift some flour, then measure 2 cupfuls. Measure the other dry ingredients and add them to the flour. Through a sifter add these dry ingredients to the molasses mixture. Mix the materials.

Then melt the butter or other fat and add it to the other ingredients. Beat the mixture thoroughly. Turn the batter into a greased glass or earthen dish. Cover and bake at 275 degrees for 3 hours or at 250 degrees for 4 or 5 hours.

Cut into pieces and serve with Orange Marshmallow Sauce.

ORANGE MARSHMALLOW SAUCE

1 orange, juice and grated rind
2 teaspoonfuls lemon juice
¼ pound marshmallows
7-Minute Frosting
½ pint whipping cream

Cut the marshmallows into pieces. Mix with the fruit juices and rind, and let stand while the frosting is being made.

Prepare 7-Minute Frosting omitting the vanilla (see page 106). Pour the hot frosting over the marshmallows. Mix and let stand until cool.

Just before serving, whip the cream and fold it into the mixture.

Yield: 6 servings.

Oven-watching is unnecessary in a Lorain oven.

Keep the Oven Door Closed During Baking!

DRIED FRUITS

Temperature, 275 degrees; Time, 3 hours

or

Temperature, 250 degrees; Time, 4 or 5 hours

1 pound dried fruit
1 quart water
Sugar { for prunes, none or ¼ to ½ cupful
for apricots, 1 cupful
for peaches, 1 cupful

Wash the fruit carefully. Place in an earthenware or glass dish or granite pan. Then add the water, cover and let stand for several hours or over night. Place in the oven and bake covered, at 275 or 250 degrees 3 to 5 hours. Remove from the oven, add the sugar and carefully mix. Serve hot or cold.

Lemon juice (2 tablespoonfuls) is thought to improve the flavor of prunes and peaches. This should be added with the sugar.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

Fig. No. 7—Date Bread (see page 72)

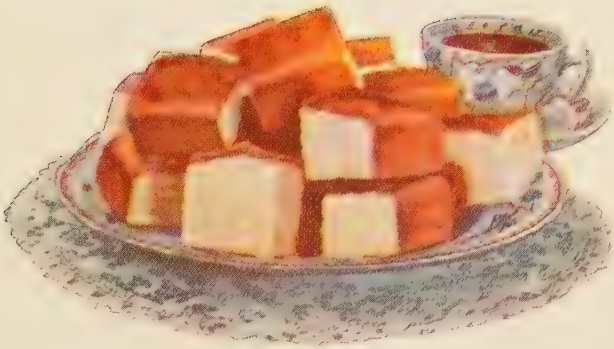

Fig. No. 8—Coffee Cake or Coffee Bread (see page 73)

Fig. No. 9—Plain Muffins (see page 77)
Strawberry Preserves (see page 154)

Fig. No. 10—Cup Custard (see page 139)

CHAPTER III

Biscuits and Breads

BAKING POWDER BISCUITS

Temperature, 475 degrees; Time, 12 to 15 minutes

2 cupfuls pastry or soft wheat flour (sifted before measuring)
4 teaspoonfuls baking powder
¾ teaspoonful salt
2 to 4 tablespoonfuls butter, lard or other fat
Milk or milk and water, about ⅔ cupful

Mix the dry ingredients and sift them into a mixing bowl. Add the fat and work it into the dry ingredients by means of a fork or with the finger tips. Then add enough liquid to make a soft dough, cutting the liquid into the dry ingredients by means of a knife.

Turn out on a slightly floured board and pat the dough until it is ½ inch in thickness. Cut into rounds, place them on a slightly greased pan and bake at 475 degrees for 12 to 15 minutes.

Yield: 1 dozen small biscuits.

Oven-watching is unnecessary in a Lorain oven.

Keep the Oven Door Closed During Baking!

ORANGE TEA BISCUITS

Temperature, 475 degrees; Time, 10 to 12 minutes

Prepare a sirup by mixing the following ingredients:

2 tablespoonfuls butter, melted
1 tablespoonful orange juice
½ cupful sugar
1 tablespoonful grated orange rind

Make a soft biscuit dough containing the ingredients and prepared as indicated in the following:

2 cupfuls soft wheat or pastry flour (sifted before measuring)
4 teaspoonfuls baking powder
½ teaspoonful salt
3 tablespoonfuls butter
¾ cupful milk

Measure the flour. Add the salt and baking powder. Sift these ingredients into a bowl.

Mix the butter with the dry ingredients, rubbing it in with the tips of the fingers or working it in with a fork. Add the milk. Mix the milk with the other ingredients by cutting the mixture with a knife.

Grease tea biscuit pans (i. e., small muffin pans, 1¾ inches in diameter). Put a level teaspoonful of the mixture in the bottom of each cup and spread the dough over the bottom of each cup. Add a teaspoonful of orange sirup. Place another teaspoonful of the dough on top of the sirup in each cup. Bake at 475 degrees, 10 to 12 minutes.

Remove from the pan. Split each biscuit open and insert a bit of butter in each. Serve at once with afternoon tea.

Yield: 2 dozen.

CHEESE STICKS

Temperature, 400 degrees; Time, 20 minutes

2 eggs
¾ cupful milk
2 cupfuls pastry or soft wheat flour (sifted before measuring)
4 teaspoonfuls baking powder
½ teaspoonful salt
4 tablespoonfuls butter or substitute
¾ cupful solid cheese, cut in bits
½ teaspoonful paprika

Beat the eggs in a mixing bowl. Remove 2 tablespoonfuls of the beaten eggs. (Reserve this amount of egg to spread on top of the bread.)

Add ¾ cupful of milk to the eggs in the mixing bowl.

Mix the flour, baking powder and salt. Add these dry ingredients through a sifter to the milk and egg mixture, and mix.

Melt the butter. Add it to the flour mixture. Beat until all ingredients are thoroughly mixed.

Stir the bits of cheese into the mixture. Then turn the soft dough into a square pan (measuring about 9 inches by 9 inches) which has been greased.

To the 2 tablespoonfuls of egg reserved for the top of the bread, add ½ teaspoonful paprika. Mix these ingredients and spread on top of the cheese mixture.

Bake at 400 degrees for 20 minutes.

When slightly cooled, cut the bread in half. Then at right angles to the first cut, cut each half into eight strips.

Serve at once with salads.

Yield: 16 sticks.

TOASTED WAFERS WITH CHEESE

Temperature, 450 degrees; Time, 5 to 10 minutes

1 package Neufchatel cheese
¼ teaspoonful salt
Wafers
Paprika
Sliced stuffed olives

Put the cheese and salt in a bowl and mix with a fork. Spread the mixture on wafers. Bake in the oven at 450 degrees for 5 to 10 minutes or until the cheese mixture is slightly browned. (It is well to toast wafers while the oven is pre-heating* for the purpose of searing the meat of a whole meal.) Remove from the oven, sprinkle the cheese with paprika and press a slice of stuffed olive in the cheese mixture on the center of each wafer. Serve with salad.

*If you have an oven that requires pre-heating.

CRISP CORN STICKS

Temperature, 400 degrees; Time, 25 minutes

1 egg
½ cupful milk
2 tablespoonfuls sugar
¼ cupful canned corn
1 cupful hard wheat or bread flour (measured after sifting)
¼ teaspoonful salt
1 tablespoonful baking powder
2 tablespoonfuls butter or other fat, melted

Beat the egg. Add the milk, sugar and canned corn. Stir until mixed.

Measure the flour, salt and baking powder. Add these ingredients through a sifter to the egg mixture. Mix well. Then add the melted fat. Beat until the ingredients are thoroughly blended.

Grease bread-stick pans. Fill each section of the pan about ⅔ full. Bake at 400 degrees for 25 minutes. Serve hot with soup or salads.

Yield: 12 sticks, about 7 inches long.

BOSTON BROWN BREAD

Temperature, 250 degrees; Time, 4 or 5 hours

or

Temperature, 275 degrees; Time, 3 hours

1¾ cupfuls sour milk
¾ cupful molasses
¼ cupful sugar
2 cupfuls Graham flour
1 cupful cornmeal
1 teaspoonful salt
1½ teaspoonfuls baking powder
1¼ teaspoonfuls baking soda
⅔ cupful seeded raisins

Into a mixing bowl put the sour milk, molasses, and sugar and mix these ingredients.

Stir the Graham flour and cornmeal and measure them. Measure the salt, baking powder and baking soda and add to the flour and cornmeal. Also stir the raisins into this dry mixture. Then add the flour mixture to the sour milk. Beat the mixture so as to mix the ingredients thoroughly. Then turn the mixture into one-pound baking powder cans or other molds. Fill the molds only about ⅔ full. Place the molds upright in a bread or other pan. Then surround the molds with boiling water, filling the pan about ¾ full of water. Invert a second pan over the one holding water, to serve as a cover. Place the covered pan in an oven with the temperature wheel set at 250 degrees and steam for 4 or 5 hours, or in an oven with the temperature wheel set at 275 degrees and steam for 3 hours.

After steaming the bread for the given length of time, it is desirable to remove the bread-mold from the hot water, uncover the mold and place it in the oven with the temperature wheel set at 350 degrees. Let the bread remain in the oven at this temperature only long enough to dry it.

Then remove the bread from the mold and place on a cake cooler until it is cool. Store in a tin bread-box.

NUT BREAD

Temperature, 325 degrees; Time, 1 hour

1 egg
¾ cupful sugar
1¼ cupfuls sour milk
3 cupfuls pastry or soft wheat flour
¾ teaspoonful baking soda
4 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful California walnuts

Break the egg into a mixing bowl, add the sugar and sour milk and mix.

Put the nuts through the food chopper (using the coarse knife on the chopper).

Sift some flour, measure 3 cupfuls of the sifted flour. Add the baking soda, baking powder and salt to the measured flour. Add the dry ingredients through a sifter to the egg mixture. Then add the nuts. Beat the ingredients thoroughly. Pour into a greased or oiled bread pan and bake at 325 degrees for 1 hour.

Sweet milk may be used instead of sour milk. If the substitution is made omit the baking soda and increase the baking powder to 6 teaspoonfuls (or 2 tablespoonfuls).

DATE BREAD

(See Fig. 7, page 65.)

Temperature, 325 degrees; Time, 1 hour

1 egg
¾ cupful sugar
1¼ cupfuls sour milk
3 cupfuls pastry or soft wheat flour
¾ teaspoonful baking soda
4 teaspoonfuls baking powder
1 teaspoonful salt
1 package (or 10 oz.) dates

Mix the same as Nut Bread, substituting the dates for nuts.

Prepare the dates by removing the seeds and cutting the

dates into small pieces or by putting them through a food chopper (using the coarse knife on the chopper). Sprinkle a few tablespoonfuls of the flour mixture through the dates.

Bake at 325 degrees for 1 hour.

COFFEE CAKE (or Coffee Bread)

(See Fig. 8, page 65.)

Temperature, 400 degrees; Time, 20 minutes

1 egg
½ cupful sugar
¾ cupful milk
2 cupfuls pastry or soft wheat flour (sifted before measuring)
4 teaspoonfuls baking powder
½ teaspoonful salt
3 tablespoonfuls butter or substitute
2 tablespoonfuls sugar
½ teaspoonful cinnamon

Break the egg into a mixing bowl and beat it. Then add the half cupful of sugar and the milk. Through a sifter add the flour, baking powder and salt.

Melt the butter or substitute, add it to the flour mixture and beat until all the ingredients are thoroughly mixed. Turn the mixture into a square pan (9 inches by 9 inches). Mix the 2 tablespoonfuls of sugar and the cinnamon and sprinkle the mixture over the surface of the batter. Bake at 400 degrees for 20 minutes.

If desired, 2 tablespoonfuls of chopped nuts may be added to the sugar-and-cinnamon mixture.

Yield: 16 pieces about 2 inches square.

YEAST BREAD (2 loaves)

Temperature, 425 degrees for 15 minutes,
then
375 degrees for 30 to 35 minutes,
or bake at one uniform temperature—
Temperature, 375 degrees for 1 hour

2 cupfuls hot water or water and milk
2 teaspoonfuls salt
1 tablespoonful sugar
1 tablespoonful fat
1 cake compressed yeast
½ cupful lukewarm water
Bread flour (i. e., hard wheat or spring wheat) usually 7 or 8 cupfuls

Heat the 2 cupfuls of liquid, turn it into a bowl and add the salt, sugar and fat. Stir to dissolve the salt and sugar and melt the fat. Set aside to cool.

Break the yeast into bits and add the lukewarm water. When the liquid containing the salt, sugar and fat is lukewarm in temperature, add the yeast mixture. Then through a sifter add sufficient flour to make a stiff dough, mixing the ingredients with a knife.

Turn the mixture onto a floured bread board and knead until the dough is elastic. Cover and let stand in a warm place until the dough has at least doubled in bulk.

With a knife loosen the dough from the bowl, again turn the dough onto a slightly floured board and knead to expel the large gas-bubbles. Cut the dough into two pieces and shape each piece into a loaf. Place each piece of dough in a greased bread pan. Cover the pans and place them in a warm place and let the dough rise until it is 2½ to 3 times the original volume.

If the bread has risen as much as desired, place it in an oven with the temperature wheel set at 425 degrees. Bake at this temperature for 15 minutes, then reduce the temperature to 375 degrees and continue to bake the bread for 30 to 35 minutes longer.

In case the dough has not risen fully, the loaves may be placed in an oven with the temperature wheel set at 375 degrees and baked at this temperature for 1 hour.

Also, if other duties call the home manager from the kitchen, the bread may be baked at 375 degrees for 1 hour. This uniform temperature has proved quite satisfactory for bread baking. However, by baking first at a high temperature and then at a lower temperature (a) bread is prevented from becoming too light or coarse grained, and (b) the time of baking is decreased. Baking for a shorter time produces more moist bread.

PARKER HOUSE ROLLS

Temperature, 425 degrees; Time, 15 to 30 minutes

2 cupfuls hot milk and water
¼ cupful butter or other fat
2 tablespoonfuls sugar
1 teaspoonful salt
1 cake compressed yeast
¼ cupful lukewarm water
Bread flour (i. e., hard wheat or spring wheat flour)

Pour the milk and water into a mixing bowl. Add the fat, sugar and salt. Stir to mix and set aside to cool.

Break the yeast into bits and add it to the ¼ cupful lukewarm water.

When the milk-water-and-fat mixture is lukewarm, add the yeast mixture. Then add through a sifter about 3 cupfuls of bread flour. Beat well. Cover and set aside in a warm place until the mixture becomes light and porous.

Then add sufficient flour to make a dough. Turn out onto a floured board and knead until the dough is elastic. Return to the bowl. Cover, set aside in a warm place and let rise a second time until the dough has at least doubled in bulk.

Knead a third time, then with a rolling pin roll to ¾ inch in thickness. Cut into rounds. Crease each round

through the center with the dull edge of a knife. Put a bit of butter on each round, fold each piece and press the edges together. Place the rolls on a greased pan, cover and let rise until each piece is at least double in size. Bake at 425 degrees for 15 to 30 minutes. The time of baking varies with the size of the rolls.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CHAPTER IV

Muffins

PLAIN MUFFINS

(See Fig. 9, page 66.)

Temperature, 400 degrees; Time, 25 minutes

1 egg
1 cupful milk
2 tablespoonfuls sugar
2 cupfuls pastry or soft wheat flour (sifted before measuring)
¾ teaspoonful salt
3½ teaspoonfuls baking powder
2 tablespoonfuls butter (or other fat)

Break the egg into a mixing bowl. Beat it well and add the milk and sugar.

Measure the sifted flour, baking powder and salt. Pour this mixture into a sifter and sift it into the egg mixture. Melt the butter or fat and add it to the other ingredients.

Beat well to mix thoroughly. Turn into buttered or oiled muffin pans and bake for 25 minutes at 400 degrees. Serve hot.

Yield: 12 medium sized muffins.

WHOLE WHEAT MUFFINS

Temperature, 400 degrees; Time, 25 minutes

Follow the recipe for Plain Muffins, using 1 cupful whole wheat flour and 1 cupful pastry flour instead of 2 cupfuls of pastry flour.

BRAN MUFFINS

Temperature, 400 degrees; Time, 25 minutes

1 egg
1 cupful milk
2 tablespoonfuls sugar
1 cupful bran
1 cupful flour (sifted before measuring)
4 teaspoonfuls baking powder
½ teaspoonful salt
2 tablespoonfuls butter (or other fat)

Break the egg into a mixing bowl. Beat it well, and add the milk, sugar and bran.

Measure the sifted flour, baking powder and salt. Pour this mixture into a sifter and sift it into the egg mixture. Melt the butter or fat and add to the other ingredients. Beat well to mix thoroughly, and turn into buttered or oiled muffin pans and bake for 25 minutes at 400 degrees. Serve hot.

Yield: 12 medium sized muffins.

BRAN AND NUT MUFFINS

Temperature, 400 degrees; Time, 25 minutes

1 egg
1 cupful milk
¼ cupful sugar
1 cupful bran
1 cupful flour (sifted before measuring)
4 teaspoonfuls baking powder
½ teaspoonful salt
½ teaspoonful ground cinnamon
½ teaspoonful ground nutmeg
½ cupful chopped nuts
2 tablespoonfuls butter (or other fat)

Mix the ingredients as directed for Bran Muffins, adding the spices to the flour mixture. Add the chopped nuts after the flour mixture is blended with the other ingredients.

Yield: 12 medium sized muffins.

CORNMEAL MUFFINS

Temperature, 400 degrees; Time, 25 minutes

1 egg
1⅛ cupfuls milk
2 tablespoonfuls sugar
¾ cupful cornmeal
1¼ cupfuls flour (sifted before measuring)
4 teaspoonfuls baking powder
½ teaspoonful salt
2 tablespoonfuls butter (or other fat)

Mix these ingredients in the same way as Bran Muffins, (page 78) adding cornmeal in place of the bran.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CHAPTER V

Cakes

SUNSHINE CAKE

Temperature, 325 degrees; Time, 1 hour

1¼ cupfuls sugar
1 cupful pastry or soft wheat flour
¾ cupful egg-whites (from 6 or 7 eggs)
¾ teaspoonful cream of tartar
½ teaspoonful salt
½ cupful egg yolks (from 4 or 5 eggs)
1 teaspoonful vanilla or orange extract

Sift both the sugar and flour before measuring. Sift the flour 4 times after measuring. (For method of sifting, see foot note, page 82.)

In a mixing bowl put the egg-whites, cream of tartar and salt. Beat the mixture until it is stiff.

In another bowl beat the egg-yolks until they are lighter in color.

Through a sifter add sugar to the egg-whites and fold the sugar into the eggs. Then fold the beaten egg-yolks into the sugar-and-egg-white-mixture. Add the flavoring. Through a sifter add the flour to the other ingredients and fold it into them.

Turn into an ungreased deep tube cake pan. Bake at 325 degrees for 1 hour. When the cake is removed from the oven, place it, inverted, on a cake cooler until cold.

THREE-EGG SPONGE CAKE

For Layer Cake

Temperature, 375 degrees; Time, 20 to 25 minutes

For Loaf Cake

Temperature, 350 degrees; Time, 45 to 50 minutes

3 egg-yolks
1 teaspoonful vanilla
½ teaspoonful almond extract
3 tablespoonfuls cold water
1 cupful sugar
1½ tablespoonfuls corn starch
Sifted flour (soft wheat or pastry flour)
1½ teaspoonfuls baking powder
¼ teaspoonful salt
3 egg-whites

Beat the egg-yolks until they are lighter in color. Add the vanilla and almond extract and water. Through a sifter add the sugar. Fold it into the egg-yolk mixture.

Put the corn starch in a measuring cup—fill the cup with sifted flour. Add the baking powder and salt to the flour.

Beat the egg-whites until they are stiff.

Add the flour mixture through a sifter to the egg-yolk mixture. Then add the beaten egg-whites. Mix all the ingredients with a tablespoon by cutting and folding. Turn the mixture at once into an unbuttered tube cake pan and bake at 350 degrees for 45 to 50 minutes.

The cake may be baked in a dripping pan or in layer cake pans. If put into these shallow pans, the cake should bake for 20 to 25 minutes at 375 degrees.

For flavoring, 2 tablespoonfuls lemon juice and the grated rind of half a lemon may be used instead of vanilla and almond extract.

ANGEL CAKE

(See Fig. 11, page 83.)

Temperature, 325 degrees; Time, 1 hour

1¼ to 1½ cupfuls sugar*
1 cupful specially prepared cake flour
1 cupful egg-whites (from 8 or 9 eggs)
1 teaspoonful cream of tartar
¼ teaspoonful salt
1 teaspoonful vanilla extract
½ teaspoonful almond extract

Sift both the sugar and flour before measuring. Sift the sugar four times after measuring. Also sift the flour four times after measuring.**

Sift the cream of tartar into the egg-whites. Add the salt and beat the mixture until it is stiff. Then add the flavoring extracts and beat sufficiently to mix them with the eggs.

Add the sugar through a sifter to the egg mixture and mix the ingredients together by cutting and folding, i. e., mix the eggs deftly with the sugar so that as little as possible of the air enclosed in the eggs escapes. Also add the flour mixture through a sifter and cut and fold it into the other ingredients. Turn into an unbuttered deep tube cake pan (top diameter about 9½ inches) and bake at 325 degrees for 1 hour.

When the cake is removed from the oven, invert the pan and rest it on a cake cooler until the cake is cool. Then remove it from the pan and store in a tightly covered tin box until served.

*If the cake is to be frosted use the lesser quantity of sugar. 7-Minute Frosting made with white sugar (see page 106) may be used on the top and side of this cake. (See Fig. 11, page 83.)

**Sifting several times can be done conveniently by using two pieces of paper, each creased through the center so the dry material can be poured easily from one to the other.

Fig. No. 11—Angel Cake (see page 82)
Chocolate Layer Cake (see page 92)

Fig. No. 12—Orange Layer Cake (see page 93)

Fig. No. 13—English Fruit Cake (see page 94)

Fig. No. 14—Lemon Pie (see page 118)

EGG SAVING ANGEL CAKE

Temperature, 325 degrees; Time, 1 hour

1½ cupfuls sugar
1 cupful specially-prepared cake flour
¾ cupful egg-whites (from 6 or 7 eggs)
Ice water
¾ teaspoonful cream of tartar
¼ teaspoonful salt
1 teaspoonful vanilla extract
½ teaspoonful almond extract

Sift both the sugar and flour before measuring. Sift the sugar four times after measuring. Sift the flour four times after measuring.

Break sufficient egg-whites in a measuring cup to make the cup three-fourths full. Then add enough ice water to fill the cup. Sift the cream of tartar into the egg-whites. Add the salt and beat the mixture until it is stiff. Then add the flavoring extracts and beat sufficiently to mix them with the eggs.

Add the sugar through a sifter to the egg-mixture and mix the ingredients together by cutting and folding, i. e., mix the eggs deftly with the sugar so that as little as possible of the air enclosed in the eggs escapes. Also add the flour mixture through a sifter and cut and fold it into the other ingredients. Turn into an unbuttered deep tube pan and bake at 325 degrees for 1 hour.

When the cake is removed from the oven, invert the pan and rest it on a cake cooler until the cake is cool. Then remove it from the pan and store in a tightly covered tin box until served.

GOLD CAKE (made with egg-yolks)

For Layer Cake

Temperature, 375 degrees; Time, 20 to 25 minutes

For Loaf Cake

Temperature, 350 degrees; Time, 50 to 60 minutes

8 egg-yolks
1¼ cupfuls sugar
⅔ cupful milk
2¼ cupfuls pastry or soft wheat flour
4 teaspoonfuls baking powder
½ teaspoonful salt
½ cupful butter or substitute
1 teaspoonful vanilla
1 teaspoonful orange extract

Beat the egg-yolks until they are lighter in color. Add the sugar and milk and mix well.

Mix the flour (sifted before measuring), baking powder and salt. Add these (through a sifter) to the egg mixture and beat until well mixed. Then melt the butter and add it to the other ingredients. Also add the flavoring extracts. Beat the mixture until the ingredients are thoroughly blended. Turn into 2 buttered or oiled layer cake pans and bake at 375 degrees for 20 to 25 minutes, or turn into one buttered or oiled loaf-cake pan or preferably tube-cake pan and bake at 350 degrees for 50 to 60 minutes.

Chocolate Frosting (see page 107) may be used between, and on top of, the layers.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

PLAIN CAKE

For Layer Cake
Temperature, 375 degrees; Time, 20 to 35 minutes

For Loaf Cake
Temperature, 350 degrees; Time, 45 to 60 minutes

2 eggs
⅞ cupful sugar
⅔ cupful milk
2¼ cupfuls soft wheat or pastry flour (measured after sifting)
3 teaspoonfuls baking powder
½ teaspoonful salt
¼ to ⅓ cupful butter or other fat
1 teaspoonful vanilla

In a mixing bowl beat the eggs. Add the sugar and milk and mix these ingredients.

Mix the flour, baking powder and salt. Add these dry ingredients through a sifter to the egg mixture. Beat the mixture.

Melt the butter or other fat. Add it to the egg-and-flour mixture. Add the vanilla. Beat the mixture until all the ingredients are perfectly blended.

Turn the batter into two oiled 8-inch layer cake pans or into one oiled loaf cake pan. (If layer cake pans called "Clean Cut" are used, the layers may be removed easily from the pans.) Bake the layer cake at 375 degrees for 20 to 35 minutes.

Bake the loaf cake at 350 degrees for 45 to 60 minutes. (The difference in time depends largely on the size of the pan.)

When the cake is removed from the oven, let it stand 2 or 3 minutes, then remove it from the pans and let it rest on a cake cooler until cool.

For the layer cake, spread either 7-Minute Frosting (see page 106) or Butter Cream Frosting (see page 108) between the layers and on the top layer.

GINGERBREAD

Temperature, 350 degrees; Time, 50 minutes

1 egg
½ cupful sugar
1 cupful thick sour milk
½ cupful molasses
2 cupfuls flour (preferably soft wheat or pastry flour)
½ teaspoonful salt
¾ teaspoonful baking soda
1 teaspoonful baking powder
¾ teaspoonful ginger
¾ teaspoonful nutmeg
½ teaspoonful cinnamon
3 tablespoonfuls butter or other fat

Beat the egg, add the sugar, sour milk and molasses.

Sift some flour, then measure 2 cupfuls. Measure the other dry ingredients and add them to the flour. Through a sifter add these dry ingredients to the molasses mixture. Mix the materials.

Then melt the butter or other fat and add it to the other ingredients. Beat the mixture thoroughly. Turn into an oiled pan and bake at 350 degrees for 50 minutes.

NEAPOLITAN CAKE

A Cake of three colors—

Chocolate lower layer
Plain cake upper layer
Pink tinted frosting

Temperature, 375 degrees; Time, 20 to 35 minutes

Follow the Plain Cake recipe given on page 87. Pour ½ of the batter into a greased layer cake pan.

To flavor the batter for the other layer with chocolate, proceed as follows: In a small sauce pan, put 3 tablespoonfuls cocoa and 2 tablespoonfuls of water. Stir and heat over a low flame until a smooth paste is formed. Add this cocoa mixture to the batter remaining in the bowl. Mix thoroughly and pour into a second layer cake pan.

Bake both layers at 375 degrees 20 to 35 minutes.

Use the chocolate layer for the lower layer of the cake.

Between the two layers and on top of the upper layer, put 7-Minute Frosting, tinted pink. Tint the frosting thus:

Follow the recipe for 7-Minute Frosting given on page 106, adding ½ teaspoonful red sugar to the other ingredients.

WHITE LAYER CAKE

Temperature, 375 degrees; Time, 30 to 35 minutes

1½ cupfuls granulated sugar
2½ cupfuls specially prepared cake flour (measured after sifting once)
½ to ¾ teaspoonful salt*
3 teaspoonfuls baking powder
1 cupful water or milk
½ cupful vegetable oil or melted butter
1 teaspoonful vanilla
½ teaspoonful almond or 1 teaspoonful lemon extract
5 egg whites
¼ teaspoonful salt
¼ teaspoonful cream of tartar

*Use the greater quantity of salt if oil is used in the cake.

Measure the first four ingredients. Pour these dry ingredients together and sift the mixture six times. (See foot-note, page 82, for method of sifting.)

In a mixing bowl put the oil or melted butter, water or milk and flavoring.

Add ¼ teaspoonful salt and the cream of tartar to the egg-whites and beat until the mixture is stiff.

Sift the dry ingredients into the oil or butter mixture and beat until the materials are well blended. Then fold the beaten egg-whites into the flour-and-oil or butter mixture. Turn into 3 greased pans measuring 7 inches in diameter or into 2 greased pans measuring 9 inches in diameter.

Bake at 375 degrees for 30 to 35 minutes.

Use 7-Minute Frosting (see page 106) between the layers and on the top layer.

COCOA CAKE

For Cake in 1 Oblong Glass Dish or Pan

Temperature, 350 degrees; Time, 35 to 40 minutes

For Layer Cake in 2 Pans

Temperature, 375 degrees; Time, 30 to 35 minutes

2 tablespoonfuls cocoa
¼ cupful water
½ cupful butter
1 cupful sugar
1 egg (beaten)
¾ cupful sour milk
1 teaspoonful vanilla
1½ cupfuls soft wheat or pastry flour (measured after sifting)
½ teaspoonful baking soda
2 teaspoonfuls baking powder
½ teaspoonful salt

In a saucepan put the cocoa and water. Heat this over a low flame, stirring it constantly until a smooth paste is formed. Then stir in the butter and, if necessary, heat again until the butter melts. Then remove from stove. Add the sugar, beaten egg, sour milk and vanilla, and beat to mix the ingredients. Then measure the flour, baking soda, baking powder and salt. Add these ingredients through a sifter to the cocoa mixture. Beat until the mixture is smooth.

Pour the cake mixture into one oblong glass dish or tin or aluminum pan measuring 8x12 inches and bake at 350 degrees 35 to 40 minutes. In case a tin or aluminum pan is used and it is desired to remove the cake from the pan before serving, it is well to line the bottom of the pan with paper and then grease the paper and sides of the pan. The use of paper is suggested merely to aid in removing the soft cake from the pan. If a layer cake is desired, pour the cake batter into 2 layer cake pans (preferably "Clean Cut" pans), each measuring 8 inches in diameter, and bake at 375 degrees 30 to 35 minutes. When sufficiently baked remove from the oven and set aside to cool. When cool spread with the following frosting:

4 tablespoonfuls cocoa
3½ teaspoonfuls cold coffee
1½ cupfuls confectioner's sugar
⅛ teaspoonful cream of tartar
½ cupful butter
1 teaspoonful vanilla

Put the cocoa and cold coffee in a pan. Stir and cook over a low flame until a smooth paste is formed. Then stir in the butter and, if necessary, heat again until the butter melts. Then add the sugar, cream of tartar and vanilla. Stir until the ingredients are well blended. Set aside until perfectly cool and then spread on the cake. Cut the cake into square pieces for serving.

Yield: 12 generous or 16 small servings.

CHOCOLATE SPONGE CAKE

Temperature, 375 degrees; Time, 20 to 25 minutes

⅓ cupful cocoa
⅓ cupful milk
4 egg-yolks
1 teaspoonful vanilla
1½ cupfuls sugar
½ teaspoonful salt
1¼ cupfuls pastry or soft wheat flour, (sifted before measuring)
2 teaspoonfuls baking powder
4 egg-whites

Put the cocoa and milk in a saucepan and mix thoroughly. Place over a low flame; stir and cook until a thick paste is formed. Then remove from the flame and set aside to cool.

Beat the egg-yolks until they are lighter in color. Add the vanilla and sugar and mix thoroughly. Then add the cocoa mixture.

Beat the egg-whites until they are stiff.

Add the flour, baking powder and salt through a sifter, to the egg-yolk mixture. Then add the beaten egg-yolks. Mix all the ingredients with a tablespoon by cutting and folding. Turn the mixture at once into two unbuttered layer cake pans and bake at 375 degrees for 20 to 25 minutes.

Remove the layers from the pans and set aside until they are cold. Just before serving the cake put Whipped Cream Filling (see page 110) between the layers.

CHOCOLATE LAYER CAKE

(See Fig. 11, page 83.)

Temperature, 375 degrees; Time, 35 minutes

2 squares (or ounces) bakers' chocolate
½ cupful sweet milk
1¼ cupfuls sugar
½ cupful butter or other fat
½ cupful sour milk
1¾ cupfuls soft wheat or pastry flour (measured after sifting)
2 teaspoonfuls baking powder
⅓ teaspoonful baking soda
½ teaspoonful salt
2 whole eggs
1 egg yolk*
1 teaspoonful vanilla

*The egg white remaining is used in the frosting.

Cut the chocolate into pieces. Put it and the sweet milk and sugar into a sauce pan of 3 or more quarts capacity. Stir and cook on the surface burner with a low flame until the mixture reaches the boiling point. Remove from the flame.

Then add the butter or other fat and stir until it is melted. Now add the sour milk and stir until mixed with the other ingredients.

Measure the sifted flour and add to it the baking powder, baking soda and salt. Break the eggs and separate the yolks and whites. Beat the yolks and whites separately.

Through a sifter add the flour mixture to the chocolate mixture. Stir until blended. Then add the egg-yolks and vanilla. Beat until the ingredients are perfectly blended. Then cut and fold in the egg-whites.

Turn the mixture at once into 2 greased 8-inch layer cake pans. Put the cake into the oven with the temperature wheel set at 375 degrees and bake for 35 minutes. When baked, remove from the pans and place on cake coolers.

Spread Chocolate Filling (see page 109) between the layers and 7-Minute Frosting (see page 106) on the top layer.

ORANGE LAYER CAKE

(See Fig. 12, page 83.)

Temperature, 375 degrees; Time, 20 to 35 minutes

2 whole eggs and 1 egg white
1½ cupfuls sugar
⅔ cupful milk
2 cupfuls soft wheat or pastry flour (measured after sifting)
Grated rind of ½ orange
3 teaspoonfuls baking powder
½ teaspoonful salt
½ cupful butter or other fat

Break the eggs and separate the whites from the yolks. (Reserve the egg-yolk of the third egg for the frosting.) In a mixing bowl beat the egg-yolks until they are lighter in color. Then add the sugar, milk and grated orange rind. Mix these ingredients.

Mix the flour, baking powder and salt. Add the dry ingredients through a sifter, to the egg mixture. Beat the mixture.

Melt the butter or other fat. Add it to the egg-and-flour mixture. Beat the mixture until all the ingredients are well blended.

Beat the egg-whites. Cut and fold them into the flour mixture.

Turn the batter into two greased layer cake pans. Bake at 375 degrees for 20 to 35 minutes.

When the cake is removed from the oven let it stand for 2 or 3 minutes, then remove it from the pan and place it on a cake cooler.

When the cake is cool, spread Orange Filling (see page 109) between the layers and Orange Frosting (see page 107) on the top layer.

ENGLISH FRUIT CAKE

(See Fig. 13, page 84.)

Temperature, 250 degrees; Time, 4½ to 5 hours

1 pound seeded raisins
1 pound currants
2 ounces candied orange peel
2 ounces candied lemon peel
½ pound citron
½ pound flour
1½ teaspoonfuls cinnamon
½ teaspoonful mace
1 teaspoonful nutmeg
1 teaspoonful allspice
¾ teaspoonful salt
½ cupful preserved cherries or other preserved fruit
1 lemon—juice
¼ cupful canned grape juice
¼ cupful orange juice
½ pound butter
½ pound sugar
6 eggs
Almonds and red (Maraschino) and green (Creme de Menthe) cherries for garnishing

Wash the raisins and currants; drain well, then dry them on a towel. Put the raisins, candied orange and lemon peel through a food chopper. Cut the citron into very thin slices.

Mix the flour, salt and spices. Add the currants to the raisin mixture. Then, through a sifter add the flour mixture to the fruit mixture.

Cream the butter, add the sugar. Separate the eggs and beat the yolks. Add the yolks to the butter and sugar, and mix well. Then add the fruit-and-flour mixture, the preserved fruit and fruit juices. Mix thoroughly.

Beat the egg-whites until stiff. Then cut and fold the egg-whites into the fruit mixture. The resulting mixture contains all the ingredients of the cake except the citron and materials for garnishing, and is ready to be placed in the pans.

This material when baked weighs about 5 pounds. It may be baked in one large tube cake pan or in *two* or more loaf cake pans or preferably glass dishes. (The mixture fills two loaf cake pans or glass dishes measuring 8 by 4 inches.)

Line the pan or dish with paper so that the cake may be removed easily from the pan or dish after being baked. Grease the paper-lined pan. Now put a half-inch layer of dough in the pan, and spread evenly with a layer of citron. Add another layer of dough and citron; repeat until all the materials are used, having dough for the top layer.

On the top of the cake arrange whole blanched almonds and red and green cherries in a conventional flower or other attractive design. (See Fig. 13, page 84.)

Place in an oven with the temperature wheel set at 250 degrees and bake for 4½ to 5 hours. If the cake is placed in a more shallow pan, it may be baked at 275 degrees for 4 to 4½ hours.

Remove from the oven, let stand in the pan until cooled, then remove the cake from the pan or dish. Let stand on a cake cooler or towel until completely cool. Then store in a tightly covered tin box. This cake should not be served until at least several weeks after baking. If stored properly, the cake will keep for many months. For serving, cut the cake into thin slices.

Because of the large quantity of fruit and small quantity of flour, this cake is not porous as is Plain Cake. No baking powder is used in this cake.

Yield: 5 pounds.

Oven-watching is unnecessary in a Lorain oven.

Keep the Oven Door Closed During Baking!

FRUIT AND NUT CAKE

Temperature, 350 degrees; Time, 1 hour 50 minutes to 2 hours

1 egg
1¾ cupfuls apple sauce, cooked dry and unsweetened
1¼ cupfuls sugar
2½ cupfuls soft wheat or pastry flour (measured after sifting)
1 teaspoonful baking soda
3 teaspoonfuls baking powder
½ teaspoonful salt
1 teaspoonful powdered cinnamon
½ teaspoonful ground nutmeg
⅛ teaspoonful ground cloves
¼ teaspoonful ground mace
1 cupful raisins
1 cupful nuts
½ cupful butter

Put the egg in a mixing bowl and beat it. Add the apple sauce and sugar and mix. Sift and measure the flour. Then add the other dry ingredients to the flour. Sift this mixture.

Clean the raisins, drain them, then cut them in halves. Chop the nuts. Add the raisins and nuts to the applesauce-and-sugar mixture. Then add the flour mixture. Mix the ingredients. Now melt the butter and add it to the other ingredients. Beat the mixture until the ingredients are perfectly blended.

Turn into an oiled loaf-cake pan. Bake at 350 degrees 1 hour and 50 minutes to 2 hours. When baked, turn the cake from the pan, and place on a cake cooler until cool. Then store the cake in a tightly-covered tin box.

JAM CAKE

Temperature, 375 degrees; Time, 20 to 35 minutes

2 whole eggs, 1 egg-yolk*
1 teaspoonful baking soda
1 cupful light brown sugar
1 cupful sour milk
1 cupful strawberry (or other) jam
2½ cupfuls soft wheat or pastry flour (measured after sifting)
2 teaspoonfuls baking powder
¼ teaspoonful cinnamon
¼ teaspoonful nutmeg
¾ cupful butter or other fat

*The egg white remaining is reserved for the frosting.

Into a mixing bowl break the eggs and beat them. Then add the sugar, sour milk and jam. Mix these ingredients.

Add the baking soda, baking powder and spices to the flour. Through a sifter add these dry ingredients to the egg mixture. Mix.

Melt the butter or other fat and add it to the other ingredients. Beat until all the ingredients are thoroughly blended.

Pour this mixture into 2 greased 9-inch layer cake pans or into 3 greased 7-inch layer cake pans. Bake at 375 degrees for 20 to 35 minutes.

Use 7-Minute Frosting (see page 106) between the layers and on the top layer.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CHAPTER VI

Small Cakes and Cookies

PLAIN COOKIES

Temperature, 375 degrees; Time, 10 to 15 minutes

1 cupful butter or other fat
2 eggs
1½ cupfuls sugar
¼ cupful sour cream or milk
2 teaspoonfuls nutmeg
4 cupfuls flour (preferably soft wheat or pastry flour)
1 tablespoonful baking powder
⅛ teaspoonful baking soda
1 teaspoonful salt

Put the butter or other fat in a mixing bowl and cream the fat. Then add the eggs and beat the mixture until the ingredients are blended.

Add the sugar and cream or milk and mix with the other ingredients.

Sift some flour, then measure 4 cupfuls. Add the baking powder, baking soda, salt and nutmeg to the flour. Through a sifter add these dry ingredients to the egg mixture. Mix all ingredients of the dough by cutting with a knife. It is advisable to place the dough in a refrigerator or other cool place to chill it before rolling it out.

Sprinkle a little flour over a pastry board, roll out a portion of the cookie dough, and cut it into rounds or other shapes. Repeat rolling and cutting until all the dough is shaped into cookies. Place the cookies in a greased baking sheet and bake in an oven with the temperature wheel set at 375 degrees for 10 to 15 minutes.

If desired, sugar may be sprinkled over the dough after it is rolled out.

Yield: 6 dozen cookies, 2½ inches in diameter.

BUTTERSCOTCH COOKIES

Temperature, 375 degrees; Time, 10 to 12 minutes

2 eggs
2 cupfuls light brown sugar
¾ cupful butter, melted
3½ cupfuls soft wheat or pastry flour (sifted before measuring)
2 tablespoonfuls baking powder
½ teaspoonful salt
1 teaspoonful vanilla
1 cupful California walnuts, chopped

Beat the eggs well. Add the sugar and melted butter and mix these ingredients thoroughly.

Mix the flour, baking powder and salt. Add this mixture through a sifter to the egg mixture. Then add the vanilla and walnuts. Mix thoroughly.

Shape the dough into a cylinder or rectangle. Place it in the refrigerator over night or for several hours. Then cut the dough into thin slices.

Place the slices on an oiled pan or baking sheet. Bake at 375 degrees, 10 to 12 minutes.

At Christmas time, cookies of novel shapes are often desired. Fancy shaped cookies may be made by rolling out the dough of Butterscotch Cookies with a rolling pin and then cutting it into different shapes. To children, "animal cookies" are always interesting. Star-shaped cookies are especially appropriate at Christmas time. Red cinnamon candies make an effective garnish for Christmas cookies. If cookies are cut with a doughnut cutter, and a few cinnamon candies are used as a garnish, the cookie suggests a Christmas wreath. Cookies shaped in the form of a conventional Christmas tree, and decorated with cinnamon candies to suggest candles, are attractive.

Yield: 40 to 50 cookies.

HERMITS

Temperature, 375 degrees; Time, 10 to 12 minutes

2 eggs
1 cupful sugar
1 tablespoonful lemon juice
2½ cupfuls soft wheat or pastry flour (sifted before measuring)
½ teaspoonful baking soda
¾ teaspoonful cinnamon
¾ teaspoonful allspice
¼ teaspoonful cloves
¾ teaspoonful nutmeg
¾ teaspoonful salt
¾ cupful butter or other fat, melted
1 cupful seeded raisins
Raisins for garnishing

Beat the eggs, add the sugar and lemon juice. Mix the flour and other dry ingredients. Sift these into the egg mixture and beat the mixture until the ingredients are blended. Then add the melted butter and raisins. Stir until well mixed.

Drop by the teaspoonful onto a greased baking sheet or pan. Garnish by placing a raisin on the top of each hermit. Bake at 375 degrees from 10 to 12 minutes.

Yield: 40 to 50 cakes.

GINGER WAFERS

Temperature, 350 degrees; Time, 10 to 12 minutes

½ cupful sugar
½ cupful molasses
½ cupful fat
3 cupfuls soft wheat or pastry flour (sifted before measuring)
1 teaspoonful salt
¼ teaspoonful baking soda
¾ teaspoonful ginger
⅛ teaspoonful cloves
¼ teaspoonful cinnamon

Put the sugar and molasses in a saucepan. Stir and heat the mixture until these ingredients are well blended. Then add the butter and stir until it is melted. Remove from the fire and set aside to cool.

Mix the flour, salt, soda and spices. Sift these dry in-

gredients into the sugar and molasses mixture and mix the materials by cutting with a knife. Shape the dough into a roll of the proper diameter for cookies. Set aside in a cool place until the dough is chilled. Then cut into thin slices. Place in a greased pan. Bake at 350 degrees for 10 to 12 minutes.

Yield: 3 dozen wafers.

OATMEAL SPICE CAKES

Temperature, 375 degrees; Time, 12 to 15 minutes

1 egg
½ cupful sugar
2 tablespoonfuls milk
1 cupful rolled oats
1 cupful soft wheat or pastry flour (sifted before measuring)
1 teaspoonful cinnamon
½ teaspoonful nutmeg
⅓ teaspoonful baking soda
½ teaspoonful baking powder
½ cupful butter or butter and other fat
½ cupful chopped nuts
½ cupful raisins

Beat the egg, add the sugar and milk and mix. Then add the rolled oats.

Mix the spices, baking soda and baking powder with the flour. Sift these dry ingredients into the egg and sugar mixture.

Melt the butter or other fat. Add it to the flour mixture. Also add the nuts and raisins. Stir until the ingredients are mixed.

Drop the mixture by the teaspoonful onto a greased baking sheet. Bake at 375 degrees for 12 to 15 minutes.

Yield: 25 to 30 cakes.

ALMOND SQUARES

Temperature, 375 degrees; Time, 20 to 25 minutes

1 egg
¾ cupful sugar
2 tablespoonfuls milk
1¼ cupfuls soft wheat or pastry flour (sifted before measuring)
1½ teaspoonfuls baking powder
¼ teaspoonful salt
1¼ cupfuls coarsely chopped almonds
½ teaspoonful vanilla
¼ cupful butter
Whole almonds, raisins or Maraschino cherries for garnishing, if desired

Beat the egg. Add the sugar and milk.

Mix the flour, baking powder and salt. Add these through a sifter to the egg mixture. Then add the coarsely chopped almonds and vanilla. Mix the ingredients well.

Melt the butter. Add it to the other ingredients and beat the mixture thoroughly. Grease a square pan measuring about 9x9 inches. Pour the mixture into the pan.

If desired, the cake may be garnished with almonds as follows: With the point of a paring knife, mark the cake mixture into 16 squares. In each square arrange almonds (cut in halves crosswise) to represent petals of a flower. In the center of each square place a raisin or half a Maraschino cherry.

Bake the mixture at 375 degrees for 20 to 25 minutes.

When the mixture is cool, cut it into 16 squares. Store in a covered tin box until ready for use.

Yield: 16 squares.

CHOCOLATE-COCOANUT CAKES

Temperature, 350 degrees; Time, 15 minutes

2 squares (or ounces) chocolate
¼ cupful water
¾ cupful sugar
½ pound cocoanut (moist)
2 teaspoonfuls vanilla
1 tablespoonful flour
½ teaspoonful salt
3 egg-whites

Cut the chocolate into pieces. Place it in a saucepan. Add the water; stir and cook the mixture over a low flame until a smooth paste is formed. Remove from the flame.

Add the sugar and cocoanut. (The latter should be merely moist, not cocoanut canned in milk.) Mix well. Then add the vanilla, flour and salt and mix.

Beat the egg-whites until stiff. Fold them into the other ingredients.

Drop by the teaspoonful onto a greased pan. Bake at 350 degrees, 15 minutes.

Yield: 24 to 30 cakes.

BAKED FUDGE

Temperature, 350 degrees; Time, 40 to 45 minutes

2 eggs
1 cupful sugar
2 ounces (squares) chocolate
¼ cupful milk or water
½ cupful soft wheat or pastry flour (measured after sifting)
½ teaspoonful salt
1 teaspoonful vanilla
1 cupful California walnuts or Brazil nuts (chopped)
⅓ cupful butter

Beat the eggs and then add the sugar. Cut the chocolate into pieces and put it and the milk or water in a small saucepan. Stir and cook over a low flame until a smooth thick paste is formed. Cool the chocolate paste, then add it to the egg mixture.

Through a sifter, add the flour and salt. Then add the vanilla and nuts. Stir to mix the ingredients. Melt the butter and add to the other materials. Beat well. Turn into a greased pan 9x9 inches. Bake at 350 degrees for 40 to 45 minutes. Cool and cut into 16 square pieces.

Yield: 16 squares.

NUT KISSES

Temperature, 300 degrees; Time, 25 minutes

4 egg whites
Pinch salt
1 cupful granulated sugar
½ teaspoonful vanilla
1 cupful coarsely chopped nuts

Add the salt to the egg-whites and beat the mixture until stiff. Then add the sugar and vanilla. Continue beating the mixture only long enough to mix the sugar with the other ingredients. Stir in the nuts.

Cover a baking-sheet or pan with a piece of paper* (unbuttered).

*Paper is used that the meringues can be removed easily from the pan.

By means of a teaspoon, drop this mixture on the paper covered pan in small mounds. Bake at 300 degrees for 25 minutes.

Yield: 40 to 50 cakes.

DATE AND NUT KISSES

Temperature, 300 degrees; Time, 25 minutes

Follow the recipe for Nut Kisses adding in addition to the nuts, 1 cupful dates, washed, stoned and cut into pieces. Drop onto paper-covered pans in small amounts and bake at 300 degrees for 25 minutes.

Yield: 40 to 50 cakes.

YULETIDE KISSES

Temperature, 300 degrees; Time, 25 minutes

Follow the recipe for Nut Kisses.

Decorate the top of each cake with one red cinnamon candy surrounded by four thin slices of angelica, representing green leaves of a flower.

Place in the oven. Bake at 300 degrees for 25 minutes.

Yield: 40 to 50 cakes.

PEANUT MACAROONS

Temperature, 325 degrees; Time, 20 minutes

2 eggs
⅞ cupful sugar
1 tablespoonful bread or hard wheat flour
1 pound roasted peanuts, unshelled
1 teaspoonful vanilla
¼ teaspoonful salt

Beat the eggs. Add the sugar and mix.

Shell the peanuts. (Do not remove the dark brittle covering of the peanuts.) Put the peanuts through a food chopper, using the coarse wheel. Mix the flour, salt and peanuts. Add these ingredients to the egg mixture. Also add the vanilla. Mix well.

Drop by the teaspoonful onto buttered pans. Bake at 325 degrees for 20 minutes.

Yield: 30 to 36 macaroons.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CHAPTER VII

Frostings and Fillings

SEVEN-MINUTE FROSTING

(made with white sugar)

1 egg-white unbeaten
¼ teaspoonful cream of tartar
4 tablespoonfuls water
Speck of salt
1 cupful granulated sugar
1 teaspoonful vanilla

Use double boiler in making this frosting. Put enough hot water into the lower part of the double boiler to come up well around the lower portion of the upper part of the boiler.

Heat the water until it boils. Then in the upper part of the boiler put the unbeaten egg-white, cream of tartar, water, salt and sugar. With a wheel egg-beater beat the egg-white mixture continuously for 7 minutes. Let the water in the lower part of the double boiler continue to boil while beating the mixture. Then remove the boiler from the flame, pour the hot water out of the lower part of the double boiler and add cold water. Replace the upper part of the boiler in the lower part. Let stand for 5 minutes. Add the vanilla, and mix it with the other ingredients. Then the frosting is ready to spread on a cake.

SEVEN-MINUTE FROSTING

(made with brown sugar)

Follow the recipe for the frosting made with white sugar, substituting light brown sugar for granulated sugar, using 2 tablespoonfuls of water instead of 4, and omitting the cream of tartar.

CHOCOLATE FROSTING

(made with egg-yolks)

1½ ounces (or squares) chocolate
2½ tablespoonfuls water
1 tablespoonful butter
⅛ teaspoonful salt
1 egg-yolk
1¼ cupfuls confectioners' sugar
1 teaspoonful vanilla

Cut the chocolate into bits and put it in the top of a double boiler. Add the water and butter. Stir and cook the mixture over boiling water until the ingredients are blended.

Add the salt and beaten egg-yolk. Stir and cook about 1 minute longer. Remove from the fire. Add the sugar, then the vanilla. Mix thoroughly.

ORANGE FROSTING

1 tablespoonful butter
1 egg-yolk
Pinch of salt
1 tablespoonful orange juice
½ tablespoonful lemon juice
1 cupful confectioners' sugar

In the top of a double boiler put the butter. Heat it over hot water until it melts. Beat the egg-yolk, add the salt and fruit juices. Stir this into the melted butter. Continue to stir and cook until the mixture thickens.

Remove from the flame and remove the top part of the double boiler from the lower part. Add the sugar and mix it with the other ingredients. Set aside until cool.

BUTTER CREAM FROSTING

1 tablespoonful butter
1½ tablespoonfuls top milk
⅛ teaspoonful salt
½ teaspoonful vanilla
¾ cupful confectioners' sugar

Melt the butter, add the top milk, then the salt, vanilla and sugar. Stir until the ingredients are mixed.

Coffee or lemon juice may be used instead of the milk. When these materials are used, the vanilla should be omitted.

CUSTARD FILLING

1 pint milk
¼ cupful flour
1 tablespoonful cornstarch
¾ cupful sugar
1 tablespoonful butter
1 or 2 eggs
¼ teaspoonful salt
1 teaspoonful vanilla
¼ pint whipping cream (if desired)

Scald the milk in a double boiler. Mix the flour, cornstarch and sugar in a bowl. Stir these materials and gradually pour the hot milk over them. When well mixed, return to the double boiler. Stir and cook until the mixture thickens. Then cover and continue to cook for 15 minutes longer. Add the butter. Remove the upper portion of the double boiler from the lower part.

Beat the eggs and add the salt to them. Add them gradually to the milk mixture, stirring vigorously while combining. Return the upper part of the double boiler to the lower. Stir and cook until the egg is thickened. Add the salt. Cool, then stir in the flavoring.

A more delicate texture and finer flavor may be produced by folding whipping cream into the cooled custard.

CHOCOLATE FILLING

1 square (or ounce) chocolate
1 cupful milk
⅜ cupful sugar
1 tablespoonful corn-starch
2 tablespoonfuls flour
¼ teaspoonful salt
1 tablespoonful butter
1 teaspoonful vanilla

Cut the chocolate into pieces and melt it in the top part of a double boiler, then add the milk and continue heating.

In a bowl mix the sugar, corn starch, flour and salt, then pour a portion of the hot milk mixture into the sugar mixture and stir until the ingredients are blended. Pour the sugar-and-milk mixture into the remainder of the milk mixture in the top of the double boiler. Stir and cook until the milk is thickened. Continue cooking for 15 minutes longer, stirring occasionally.

Remove from the fire. Add the butter and vanilla, and stir until the butter is melted. Set aside to cool.

ORANGE FILLING

½ cupful sugar
¼ cupful flour
1 tablespoonful corn-starch
½ cupful water
Grated rind of ½ orange
¼ cupful orange juice
½ tablespoonful lemon juice
1 egg, beaten
1 tablespoonful butter

In the top part of a double boiler mix the first 5 ingredients. Stir and cook this mixture over hot water until it thickens. Then let it continue to cook for 15 minutes, stirring occasionally.

Remove from the flame, add the remaining ingredients and mix them. Then return the double boiler to the flame, stir and cook for 3 minutes. Remove from the flame and remove the top part of the double boiler from the lower part. Set aside to cool.

FRESH STRAWBERRY FILLING

1 cupful strawberries
¾ cupful powdered or confectioners' sugar
⅛ teaspoonful salt
1 egg-white

Crush the strawberries and drain the juice from them. Put the drained strawberry pulp (there should be about ½ cupful), sugar, salt and egg-white unbeaten, in a bowl and beat with a wire spoon egg beater until stiff. As the mixture is beaten, it becomes stiffer. It is necessary to beat the mixture for about 10 minutes.

This mixture may be used as a frosting as well as a filling.

WHIPPED CREAM FILLING

½ pint whipping cream
1 tablespoonful granulated gelatine
½ cupful milk or water
¼ cupful sugar
⅛ teaspoonful salt
½ teaspoonful vanilla

The cream should be very cold before attempting to whip it. Whip the cream until it is stiff, using a beater of the wheel type.

Mix the gelatine and milk or water. Heat over hot water until the gelatine is dissolved. Then remove from the hot water, add the sugar and salt, and stir to mix these ingredients. Add the gelatine mixture to the whipped cream. Also add the vanilla. Beat the mixture until the ingredients are thoroughly blended.

Set aside in a cool place until the mixture is stiff.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CREAMED CHICKEN FILLING

¼ cupful butter or fried-out chicken fat
1 cupful mushrooms cut into pieces
1 tablespoonful green pepper, chopped
¼ cupful flour
½ teaspoonful salt
½ teaspoonful celery salt
Dash of cayenne
1½ cupfuls milk
1 cupful chicken broth
2 cupfuls cooked chicken, cut in pieces
1 tablespoonful parsley, chopped
1 tablespoonful pimento cut into bits
2 egg-yolks
2 teaspoonfuls lemon juice

In a saucepan melt the butter or chicken fat, add the mushrooms and green pepper. Stir and cook for 5 minutes.

Mix the flour and seasonings. Add these to the hot fat. Stir and cook this mixture for 5 minutes. Add the milk and chicken broth in portions, stirring and cooking after adding each portion. Then add the chicken, parsley and pimento. Cook until all ingredients are hot.

Beat the egg-yolks. Add a small portion of the chicken mixture to the eggs and mix well. Then pour the egg-and-chicken mixture into the remainder of the chicken. Stir and cook until the egg is thickened. Add the lemon juice. Serve hot on top of toast or use as a filling for cream puffs, (see page 125.)

Oven-watching is unnecessary in a Lorain oven.

Keep the Oven Door Closed During Baking!

CHAPTER VIII

Pies and Pastries

PASTRY

(2 Crusts)

1½ cupfuls flour (preferably pastry or soft wheat)
1 teaspoonful baking powder
½ teaspoonful salt
⅓ cupful fat
4 or 5 tablespoonfuls cold water

Sift the mixture of flour, baking powder and salt into a mixing bowl. Add the fat to the flour mixture and cut the fat into bits with a knife (or crush it into bits with a fork). Then add just enough cold water to hold the ingredients together. It is well to place the pastry in a refrigerator or other cold place to chill before rolling it out.

Divide the dough into two parts and roll out each portion separately.

If the pie is a one-crust pie and the filling is cooked before pouring into the crust, bake the crust before adding the filling. Directions for baking pie shells are given in the recipes for Lemon or Chocolate Pies, on pages 118 and 121.

If the pie is a one-crust pie, and the filling is not cooked before pouring into the crust, the crust and filling should be baked together. Directions for baking such pies—Pumpkin, Custard and Rhubarb Custard Pie—are given on pages 113 and 114.

In two-crust pies, the crust and filling are baked together.

Directions for baking two-crust pies—Apple and Cherry—are given on pages 116 and 117.

PUMPKIN OR SQUASH PIE

Temperature, 375 degrees; Time, 1 hour

Line a pie pan (or preferably a glass pie dish) with pastry made as directed in the previous recipe. Trim off the edges, flute them if desired.

FILLING

2 tablespoonfuls butter
¾ cupful sugar
2 eggs
½ teaspoonful salt
¼ teaspoonful cinnamon
¼ teaspoonful ginger
¼ teaspoonful nutmeg
1 cupful mashed pumpkin or squash
1¼ cupfuls milk

Cream the butter, add the sugar and eggs and mix well. Then add the remainder of the ingredients and mix. Pour into a pie plate lined with unbaked pastry as directed above. Place in an oven with temperature wheel set at 375 degrees, and bake for 1 hour.

½ teaspoonful of mace may be substituted for the spices in the recipe.

Squash is thought by some to produce a pie of better flavor than pumpkin.

Whipped Cream spread over the top of this pie just before serving makes the pie more tasty and more pleasing in appearance.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CUSTARD PIE

Temperature, 450 degrees; Time, 15 minutes
then
Temperature, 325 degrees; Time, 25 minutes

2 cupfuls milk
4 eggs
⅜ cupful sugar
¼ teaspoonful salt
¼ teaspoonful nutmeg
½ teaspoonful vanilla

Line a pie pan (or preferably a glass pie plate) with pastry (see page 112).

Heat the milk in the top part of a double boiler. While the milk is heating, break the eggs into a bowl and beat them slightly. Add the sugar, salt, nutmeg and vanilla to the eggs and mix well. Then gradually pour the hot milk into the egg mixture, stirring to mix the ingredients.

Pour this mixture into the pie plate lined with pastry. At once put the pie in an oven with the temperature wheel set at 450 degrees and bake the pie at this temperature for 15 minutes. Then set the temperature wheel at 325 degrees and continue baking the pie for 25 minutes longer.

Remove from the oven. Set aside until cool, then serve.

RHUBARB CUSTARD PIE

Temperature, 425 degrees; Time, 20 minutes
then
Temperature, 325 degrees; Time, 25 minutes

1¼ cupfuls rhubarb cut in thin pieces
1½ cupfuls milk
3 egg-yolks
¾ cupful sugar
2 tablespoonfuls flour
¼ teaspoonful salt
2 tablespoonfuls butter

MERINGUE

Temperature, 300 degrees; Time, 15 to 20 minutes

3 egg-whites
Pinch of salt
3 tablespoonfuls powdered sugar

Line a pie pan (or preferably a glass pie dish) with pastry (see page 112). Spread the rhubarb over the pastry.

Heat the milk in the top of the double boiler. While the milk is heating, break the egg-yolks into a bowl and beat them slightly. Add the sugar, flour and salt to the eggs and mix well.

Add the butter to the hot milk. When the butter is melted, gradually pour the hot milk into the egg mixture, stirring to mix the ingredients. Then pour the milk mixture into the pie plate. At once put the pie in an oven the temperature wheel of which is set at 425 degrees and bake the pie at this temperature for 20 minutes. Then set the temperature wheel at 325 degrees and continue baking the pie for 25 minutes longer.

Remove from the oven, and cover the pie with a meringue prepared by beating the egg-whites and salt until the mixture is stiff, then adding the powdered sugar (through a sifter if lumpy) and continuing to beat until the sugar is mixed with the egg-whites.

Set the temperature wheel at 300 degrees, return the pie to the oven and bake from 15 to 20 minutes longer.

APPLE PIE

Temperature, 425 degrees; Time, 35 to 45 minutes

5 medium sized apples
Sugar (usually from ½ to ¾ cupful)
1 teaspoonful each, lemon juice and grated rind
¼ teaspoonful cinnamon or nutmeg
⅛ teaspoonful salt
2 tablespoonfuls butter

Line a pie pan (or glass pie dish) with pastry made according to the recipe on page 112.

Wash, pare, core and slice the apples. Then add the sugar, flavoring and salt. If the apples are known to be dry add a tablespoonful or two of water. Pour this apple mixture into the pie pan or dish, lined with pastry. Cut the butter into bits and put them on top of the apples.

Moisten the edges of the under crust. Cut a few small gashes in the center of the upper crust. Then put this crust over the apple mixture. Press the edges of the under and upper crust together. Flute the edges of the crust and trim them.

Place apple pie in an oven the temperature wheel of which is set at 425 degrees and bake for 35 to 45 minutes. Serve the pie hot or cold.

Hot apple pie with a slice of vanilla ice cream placed on top of it is a popular dessert and is called *Apple Pie a la Mode.*

Oven watching is unnecessary in a Lorain oven

Keep the Oven Door Closed During Baking!

CHERRY PIE
(made with fresh cherries)

Temperature, 425 degrees; Time, 35 to 45 minutes

2 cupfuls seeded sour cherries
3 tablespoonfuls flour
Sugar (usually about 1 cupful)

Line a pie pan or glass pie dish with pastry (see page 112) as directed for Apple Pie (see page 116).

Mix the sugar (the quantity depending upon the sourness of the cherries) and flour. Spread one-half of this mixture over the crust, then add the cherries and finally the remainder of the sugar mixture.

Cover the pie with crust as directed for Apple Pie (see page 116).

Set the temperature wheel of the oven at 425 degrees and bake for 35 to 45 minutes.

CHERRY PIE
(made with canned cherries)

Temperature, 425 degrees; Time, 35 to 45 minutes

2 cupfuls canned cherries (juice drained from them)
2 tablespoonfuls cherry juice or sirup
Sugar (usually about ⅓ cupful)
3 tablespoonfuls flour

Prepare the pie as directed for pie made with fresh cherries, mixing the cherry juice or sirup with the sugar and flour.

Bake at 425 degrees for 35 to 45 minutes.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

MOCK CHERRY PIE

Temperature, 425 degrees; Time, 25 to 30 minutes

- 1½ cupfuls sugar
- ½ cupful water
- 2 cupfuls cranberries, cut in halves
- 1 cupful seedless raisins
- 1 tablespoonful butter
- 2 tablespoonfuls flour
- 2 tablespoonfuls cold water
- ¼ teaspoonful salt
- 2 tablespoonfuls orange juice
- ½ teaspoonful vanilla
- ½ cupful dried and sifted bread crumbs

Put the sugar and water into a saucepan and bring to the boiling point. Then add the cranberries, and raisins, and cook at simmering temperature for 10 minutes, stirring frequently. Add the butter.

Mix the flour with the 2 tablespoonfuls cold water. Stir this into the cranberry mixture and continue to cook and stir the latter for a few minutes longer.

Remove from the flame. Add the salt, orange juice and vanilla and mix.

Have ready a pie pan or dish lined with pastry (see page 112). Pour the dried and sifted bread crumbs on top of the pastry. Then add the cranberry mixture.

Slightly moisten the edge of the pie crust with cold water. Put strips of pastry in criss-cross fashion on top of the pie, pressing the ends of each strip onto the moistened edge of the crust so as to fasten the strips to the crust. Bake at 425 degrees for 25 to 30 minutes.

LEMON PIE

(See Fig. 14, page 84.)

For the Pastry Shell
Temperature, 450 degrees; Time, 12 to 15 minutes

For the Meringue
Temperature, 300 degrees; Time, 15 to 20 minutes

Line a pie pan (or glass pie dish) with pastry (see page 112) and bake at 450 degrees for 12 to 15 minutes. Remove from the oven and pour into the baked crust, lemon filling prepared according to the following recipe:

LEMON FILLING

¼ cupful flour
2 tablespoonfuls cornstarch
1 cupful sugar
2 cupfuls boiling water
2 or 3 egg-yolks
Juice and grated rind of 1 lemon
1 tablespoonful butter
¼ teaspoonful salt

Mix the flour, cornstarch and sugar. Add the boiling water, stirring the mixture as the water is added. Stir and cook over a low flame for 15 minutes. (It is advisable to cover the flame with an asbestos mat.)

Put the egg-yolks into a bowl and beat them slightly. Pour a portion of the hot sugar-and-starch mixture into the egg-yolks and mix. Then return this mixture to the remainder of the sugar-and-starch mixture, and stir and cook over an asbestos-covered flame until the egg-yolks are thickened. Remove from the flame, add the lemon, butter and salt and mix these ingredients.

Cover with a meringue prepared according to the following recipe:

MERINGUE

2 or 3 egg-whites
Pinch of salt
2 or 3 tablespoonfuls powdered sugar

Beat the egg-whites and salt until the mixture is stiff. Add the sugar (through a sifter if lumpy) and continue beating until the sugar is mixed with the egg-whites.

Set the temperature wheel at 300 degrees, return the pie to the oven and bake for 15 to 20 minutes longer. (See Fig. 14, page 84.)

LEMON SPONGE PIE

Temperature, 425 degrees; Time, 15 minutes

then

Temperature, 325 degrees; Time, 25 minutes

Line a pie pan or preferably a glass dish with pastry (see page 112). Beat one egg-white slightly. Spread the egg-white over the top of the pastry. Use the egg-yolk in the filling.

Prepare a filling as follows:

FILLING

2 tablespoonfuls flour
½ tablespoonful cornstarch
¼ teaspoonful salt
1 cupful sugar
Juice and grated rind of 1 lemon
1 cupful milk
3 egg-yolks, beaten
2 egg-whites, beaten stiff

Mix the flour, cornstarch, salt and sugar. Then add the lemon juice and rind, milk and beaten egg-yolks; mix the ingredients. Fold in the beaten egg-whites.

Pour this filling into the crust.

Bake in a Lorain oven at 425 degrees for 15 minutes. Then turn the temperature wheel to 325 degrees and bake 25 minutes longer.

Remove from the oven. Set aside until cool. Then serve.

CHOCOLATE PIE

For the Pastry Shell
Temperature, 450 degrees; Time, 12 to 15 minutes

For the Meringue
Temperature, 300 degrees; Time, 15 to 20 minutes

Line a pie pan (or glass pie dish) with pastry (see page 112) and bake at 450 degrees for 12 to 15 minutes. Remove from the oven, and into the baked crust pour chocolate filling prepared according to the following recipe:

CHOCOLATE FILLING

2 squares (or ounces) of chocolate
1 pint milk
¾ cupful sugar
2 tablespoonfuls cornstarch
¼ cupful flour
½ teaspoonful salt
2 or 3 egg-yolks
1 tablespoonful butter
1 tablespoonful vanilla

Cut the chocolate into pieces and melt it in the top part of a double boiler, then add the milk and continue heating.

In a bowl mix the sugar, cornstarch, flour and salt. Then pour a portion of the hot milk mixture into the sugar mixture, and stir until the ingredients are blended. Pour the sugar-and-milk mixture into the remainder of the milk mixture in the top of the double boiler. Stir and cook until the milk is thickened. Continue cooking for 15 minutes longer, stirring occasionally.

Put the egg-yolks in a bowl and beat them slightly. Pour a portion of the hot chocolate mixture into the egg-yolks and mix. Then return this mixture to the remainder of the ingredients in the double boiler. Stir and cook until the egg-yolks are thickened. Remove from the fire. Add the butter and vanilla, and stir until the butter is melted. Cover with a meringue prepared according to the recipe given on page 119, and bake the meringue-covered pie at 300 degrees for 15 to 20 minutes.

STRAWBERRY SHORTCAKE
(with cream)

THE CAKE

Temperature, 400 degrees; Time, 25 to 30 minutes

1 egg
¼ cupful sugar
1 cupful milk
2½ cupfuls soft wheat or pastry flour (sifted before measuring)
5 teaspoonfuls baking powder
¾ teaspoonful salt
½ cupful butter or other fat

Beat the egg. Add the sugar and milk and mix these ingredients. Measure the flour, baking powder and salt. Add these through a sifter to the egg-mixture. Beat until the ingredients are mixed.

Melt the butter and add it to the other ingredients and mix well.

Turn into two greased 8-inch layer cake pans. Bake at 400 degrees, 25 to 30 minutes.

When baked, remove from the pans. Place the cakes on a cake cooler until cool.

THE STRAWBERRIES

2 quarts fresh strawberries
1 cupful sugar

Wash and stem the strawberries. Reserve about one dozen of the finest shaped berries for garnishing. Place the remainder of the berries in a bowl. Crush them slightly with a potato-masher. Then add the sugar and mix.

Place one-half of the crushed berries between the two layers and the remainder of the berries on top of the upper layer. In case it is desired to use fewer berries, the berries may be placed between and not on top of the layers. For this, one-half the given quantity of berries and sugar will be required.

THE CREAM

½ pint whipping cream
¼ cupful powdered sug
Pinch salt
½ teaspoonful vanilla

Chill the cream and whip it. Then add the other ingredients and mix them with the cream.

Place the whipped cream mixture on the berries on the upper layer of the cake. Garnish the cream with the whole berries. Serve the strawberry shortcake at once.

FRESH STRAWBERRY ROLLS

Temperature, 375 degrees; Time, 30 minutes

2 cupfuls flour, sifted before measuring
1 teaspoonful salt
1 teaspoonful baking powder
¼ cupful butter or other fat
1 egg
3 tablespoonfuls milk
2 tablespoonfuls butter, softened
1½ cupfuls strawberries
½ cupful sugar
1 egg yolk
1 tablespoonful milk
1 teaspoonful sugar

Mix the flour, salt and baking powder. Sift these together in a bowl. With a knife or fork mix the ¼ cupful butter or other fat with the flour mixture.

Beat the egg. Add the milk to it. Mix this egg-mixture with the flour-and-fat mixture. Roll out the dough in a thin sheet. Spread it with the softened butter.

Wash and stem the strawberries. If they are large, cut each berry in two. Spread the berries over the dough. Sprinkle the ½ cupful sugar over the berries. Roll the berry-covered dough like a jelly roll. Then cut it into 6 pieces.

Beat an egg-yolk. Add 1 tablespoonful milk. Spread this mixture over the rolls and then sprinkle the rolls with 1 teaspoonful sugar. Place the rolls on a greased pan. Bake uncovered at 375 degrees for 30 minutes. Remove from the pan. When slightly cool, serve with whipped or plain cream.

Yield: 6 servings.

FRENCH PASTRY

Temperature, 375 degrees; Time, 35 minutes

Follow the recipe for pastry given on page 112. Roll out the dough and cut it into rounds large enough to line muffin-pan cups.

Into each cup lined with pastry, put about one tablespoonful of cake mixture. The ingredients and method of mixing the cake follow:

2 eggs
½ cupful sugar
2 tablespoonfuls milk
1 cupful moist cocoanut
1 cupful pastry or soft wheat flour (measured after sifting)
1½ teaspoonfuls baking powder
¼ teaspoonful salt
½ cupful butter
½ teaspoonful vanilla

Beat the eggs, add the sugar, milk and cocoanut, and beat again. Mix the flour, baking powder and salt and add these ingredients through a sifter to the egg mixture. Beat to mix the materials. Then add the vanilla and mix it with the other ingredients Finally melt the butter and add it to the other materials. Beat until the butter is well blended in the mixture.

Place the muffin pans containing the pastry mixture in the oven and bake at 375 degrees. When the French pastry has been in the oven for 10 minutes, place on the top of each cake half of a canned apricot. Continue to bake the pastry for 25 minutes longer.

A spoonful of raspberry jam may be placed (before baking) in each cup lined with pastry, and the cake mixture poured on top of the jam. When the jam is used, the apricots may or may not be placed on top of the cakes.

Yield: 8 to 10 servings.

CREAM PUFF SHELLS

(See Fig. 1, page 14.)

Temperature, 450 degrees; Time, 20 minutes
then
Temperature, 325 degrees; Time, 25 minutes

1 cupful water
⅓ cupful vegetable oil
4 eggs
1 cupful flour
½ teaspoonful salt

Put the water and oil in a saucepan and heat until the water boils. Remove from the fire, pour the flour and salt into the hot mixture and mix the ingredients thoroughly. Stir and cook until the paste does not stick to the sides of the pan.

Then, while the mixture is hot, add the eggs unbeaten, one at a time. Beat until the eggs are mixed thoroughly with the other ingredients. Drop by tablespoonfuls on an oiled baking sheet or pan and bake at 450 degrees for 20 minutes, then at 325 degrees for 25 minutes longer.

When the baking is completed, remove from the oven and set aside to cool. When cool, make a slit in the side of each puff and by means of a teaspoon, insert some filling.

Cream Puff Shells may be filled with the following sweet fillings:

Custard (see page 108); Chocolate (see page 109); Whipped Cream (see page 110); Fresh Strawberry (see page 110).

The shells may be filled also with Creamed Chicken (see page 111) and used as the meat dish at luncheon or supper.

Yield: 10 cream puffs.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CHAPTER IX

Baked Vegetables

BAKED POTATOES

Temperature, 500 degrees; Time, 40 to 60 minutes

Scrub the potatoes to be baked and place them on the rack of the oven. Bake at 500 degrees for 40 to 60 minutes, the time depending on the size of the potatoes. When the potatoes are soft when tested with a fork, remove them from the oven.

Cut two gashes in each potato with a knife, one gash intersecting the other, so that steam may escape. Serve at once in a hot, uncovered dish.

STUFFED BAKED POTATOES

(See Fig. 2, page 14.)

Temperature, 475 degrees; Time, 12 minutes

6 baked potatoes, medium size
½ cupful milk
3 tablespoonfuls butter
2 teaspoonfuls salt
Dash of pepper

As soon as the potatoes are taken from the oven, cut them in halves lengthwise, and remove the edible portion, taking care not to break the skin or shell. Mash the potatoes, add the milk, butter and seasoning, and beat the mixture with a fork until it is light like mashed potatoes. Then return the mixture to the potato shells.

Put a bit of butter and a dash of paprika on each portion of potato. Place the stuffed potatoes on a pan and bake uncovered at 475 degrees for 12 minutes or until the filling is browned. Place in an uncovered dish or on a chop plate and serve at once.

Yield: 6 servings.

SCALLOPED POTATOES

Temperature, 400 degrees; Time, 45 minutes

1 quart sliced uncooked potatoes
2½ teaspoonfuls salt
Several dashes of pepper
¼ cupful flour
3 tablespoonfuls butter
About a pint of milk

Wash, pare and slice the potatoes, then drain them. In a baking dish put a layer of potatoes, then a sprinkling of salt, pepper, flour and butter cut into bits. Add another layer of potatoes, seasoning and butter, and repeat until all these materials are used. Finally add enough milk so that the surface of the milk is level with that of the potatoes.

Bake uncovered at 400 degrees for 45 minutes.

Yield: 6 servings.

BROWNED POTATOES

Temperature, 400 degrees; Time, 45 minutes

Follow the recipe for Browned Potatoes given on page 47, baking the vegetable in a covered dish at 400 degrees for 45 minutes. When the potatoes are baked at this temperature, it is unnecessary to bake them first in a dish, uncovered.

BAKED CORN

Temperature, 400 degrees; Time, 30 minutes

Follow the recipe for Baked Corn given on page 52, baking the vegetable at 400 degrees for 30 minutes.

BAKED TOMATOES AND ONIONS

Temperature, 375 degrees; Time, 1 hour

Follow the recipe for Baked Tomatoes and Onions given on page 50, baking the vegetables at 375 degrees for 1 hour.

BAKED TOMATOES WITH CORN FILLING

Temperature, 375 degrees; Time, 35 to 40 minutes

6 fresh, sound tomatoes
½ teaspoonful salt
½ teaspoonful sugar
Dash paprika

Wash the tomatoes. Cut a thin slice from the stem end of each tomato and scoop out the seedy portion in the center of each tomato. Sprinkle the inside of each tomato with salt, sugar and paprika.

Prepare a stuffing for the tomatoes as follows:

1 egg
1 cupful corn (fresh* or canned)
¾ teaspoonful salt
Dash pepper
1 tablespoonful melted butter

*To prepare 1 cupful fresh corn, slice the corn from 2 large or 3 small ears.

Mix these ingredients and use it to fill the cavity of each tomato. Then cover the tomatoes with buttered bread crumbs, using

1 cupful soft bread crumbs
1 tablespoonful melted butter

Place the stuffed tomatoes in a glass baking dish, or aluminum or enameled pan. Bake at 375 degrees, 35 to 40 minutes. Serve at once.

Yield: 6 servings.

BAKED BUTTERED CARROTS

Temperature, 400 degrees; Time, ½ to ¾ hour

Follow the recipe for Baked Buttered Carrots given on page 51, baking them at 400 degrees for ½ to ¾ hour and then cooking on the surface burner for 15 minutes as indicated in the recipe.

BAKED SPAGHETTI AND TOMATOES

Temperature, 400 degrees; Time, 1 hour

Prepare Baked Spaghetti and Tomatoes as directed on page 56, using the temperature and time given here.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CHAPTER X

Roasts, Other Baked Meats and Fish

BRAISED BEEF—Tough Cuts
(Chuck-rib or Shoulder, Rump, English Cut, Round)

Searing Temperature, 500 degrees; Time, 20 minutes
or
450 degrees; Time, 30 minutes

Baking Temperature, 300 degrees
(Roasts weighing less than 6 pounds)
Baking Temperature, 275 degrees
(Roasts weighing 6 to 9 pounds)
Baking Temperature, 250 degrees
(Roasts weighing 10 or more pounds)
} *Time, 30 minutes per pound*

Weigh the meat and bone, then wash the roast. Place it in a roasting pan and bake uncovered at 500 degrees for 20 minutes, or at 450 degrees for 30 minutes.

Then slip a rack underneath the roast, add boiling water and salt as indicated in the recipe on page 23. Then finish at the temperature indicated above which varies according to the weight of the meat. The time of baking is dependent also upon the weight of the meat. Allow 30 minutes for each pound

ROAST BEEF—Tender Cuts
(Porterhouse, Sirloin, Prime rib)
Method No. 1—Covered Pan

Searing Temperature, 500 degrees; Time, 20 minutes

Baking Temperature, 300 degrees; Time {
Rare, 12 minutes per pound
Medium, 15 minutes per pound
Well-done, 20 minutes per pound

Follow the method of roasting given for Roast Beef on page 23, using the searing and baking temperatures given here.

Method No. 2—Uncovered Pan

Searing Temperature, 500 degrees; Time, 20 minutes

Baking Temperature, 400 degrees; Time
- *Rare, 12 minutes per pound*
- *Medium, 15 minutes per pound*
- *Well-done, 20 minutes per pound*

Sear the meat as directed for Roast Beef, page 23.

Then set the temperature wheel at 400 degrees and continue to bake the meat *uncovered* and without any water in the pan for a time depending upon the desired degree of cooking, i. e., 12 minutes per pound for rare beef; 15 minutes per pound for medium; and 20 minutes per pound for well-done.

Occasionally, the meat may be basted, i. e., the surface may be moistened with the juices which collect in the bottom of the pan.

The method of cooking tender beef in an uncovered pan is thought by many to produce a finer flavor than in a covered pan. However, this method should be used only for tender roasts.

ROAST PORK

Searing Temperature, 500 degrees; Time, 20 minutes
or
450 degrees; Time, 30 minutes

- *Baking Temperature, 300 degrees* (Roasts weighing less than 6 pounds)
- *Baking Temperature, 275 degrees* (Roasts weighing 6 to 9 pounds)
- *Baking Temperature, 250 degrees* (Roasts weighing 10 or more pounds)

→ *Time, 30 minutes per pound*

In roasting pork, follow the method of preparing Braised Beef (see page 23). Follow the temperature and time given here.

ROAST LAMB

Searing Temperature, 500 degrees; Time, 20 minutes
or
450 degrees; Time, 30 minutes
Baking Temperature, 400 deg.; Time, 25 minutes per pound

Sear and roast in uncovered pan as directed for Roast Beef Method No. 2 (see page 130).

This method of roasting should be followed only for tender meat.

Mutton should be prepared as directed for Braised Beef (see page 23), using the temperature and time given here.

ROAST VEAL

Searing Temperature, 500 degrees; Time, 20 minutes
or
450 degrees; Time, 30 minutes

Baking Temperature, 300 degrees (Roasts weighing less than 6 pounds)
Baking Temperature, 275 degrees (Roasts weighing 6 to 9 pounds)
Baking Temperature, 250 degrees (Roasts weighing 10 or more pounds)
} *Time, 25 minutes per pound*

In roasting veal, follow the method of preparing Braised Beef (see page 23), using the temperature and time given here.

VEAL BIRDS

Temperature, 300 degrees; Time, 1½ hours

Follow the recipe for Veal Birds given on page 30, using the temperature and time given here.

BAKED SLICE OF HAM

Temperature, 400 degrees; Time, 2 hours

Follow the method of preparing a slice of ham given on page 28, using the temperature and time given here. Bake the ham with bits of fat on top of it at 400 degrees for ½ hour, then add the sugar, mustard, vinegar and water mixture and bake 1½ hours longer.

POT-PIE No. 1

Temperature, 300 degrees; Time, 2 hours
then
Temperature, 400 degrees; Time, 1½ hours

2 pounds beef cut into pieces for stew (the tough cuts may be used for stewing)
2 tablespoonfuls suet, butter, or other fat
1 tablespoonful chopped onion
2 tablespoonfuls flour
2 cupfuls water
1 cupful celery, cut into pieces
1 cupful carrots, cut into slices
1 cupful potatoes, diced
1½ teaspoonfuls salt
1 teaspoonful kitchen bouquet

Wash the meat. Put the fat and onion in the pan in which the pot-pie is to be baked. Heat the fat and onion on the surface burner. Then add the meat. Sprinkle the flour over the meat. Cook the mixture until the meat is browned, stirring occasionally so that the meat is browned uniformly. Then add the water, celery and carrots. When the mixture reaches the boiling point, cover the pan and put it in a Lorain oven whose temperature wheel is set at 300 degrees. Bake for 2 hours.

After the two hours of baking, add the potatoes, salt and kitchen bouquet. Over the vegetables and meat place a crust prepared as follows:

1½ cupfuls flour
3 teaspoonfuls baking powder
1 teaspoonful salt
2 tablespoonfuls butter
½ cupful milk

Sift some flour, then measure it. Add to it the baking powder and salt. Then sift this mixture into a mixing bowl. Work in the butter thoroughly with a fork. Add the milk and mix it with the other ingredients with a knife.

Drop this soft dough in spoonfuls on top of the meat and vegetables. With a knife or spoon spread the dough slightly so that it almost covers the materials. There should be a

few openings in the dough so that the steam may escape.

Return the pie uncovered to the oven with the temperature wheel set at 400 degrees and bake for ½ hour. Serve at once.

Yield: 8 servings.

POT PIE No. 2

Temperature, 300 degrees; Time, 2 hours
then
Temperature, 400 degrees; Time, ½ hour

2 pounds beef, cut into pieces for stew (the tough cuts may be used for stewing)
2 tablespoonfuls suet, butter, or other fat
1 tablespoonful chopped onion
2 tablespoonfuls flour
2 cupfuls water
1 cupful carrots cut into slices
1 tablespoonful green pepper, chopped
1 cupful tomato pulp or canned tomatoes
1 cupful potatoes, diced
1½ teaspoonfuls salt

Wash the meat. Put the fat and onion in the pan in which the pot-pie is to be baked. Heat the fat and onion on the surface burner. Then add the meat. Sprinkle the flour over the meat. Cook the mixture until the meat is browned, stirring occasionally so that the meat is browned uniformly.

Then add the water, carrots, and green pepper. When the mixture reaches the boiling point, cover the pan and put it in a Lorain oven whose temperature wheel is set at 300 degrees. Bake for 2 hours.

After the 2 hours of baking, add the tomatoes, potatoes, and salt. Over the meat and vegetables, place a crust prepared as directed in Pot-Pie No. 1.

When the crust has been placed on the pie, return the pie uncovered to the oven and bake at 400 degrees for ½ hour. Serve at once.

Yield: 8 servings.

BREADED BAKED CHICKEN

Searing Temperature, 500 degrees; Time, 20 minutes

then

Baking Temperature, 375 degrees; Time, 2 hours

Follow the method of preparing Breaded Baked Chicken given on page 37, using the temperature and time given here.

PLAIN BAKED CHICKEN

Searing Temperature, 500 degrees, Time, 20 minutes

then

Baking Temperature, 375 degrees; Time, 2 hours

Follow the method of preparing Plain Baked Chicken given on page 40, using the temperature and time given here.

ROAST TURKEY

Searing Temperature, 500 degrees; Time, 20 minutes

or

450 degrees; Time, 30 minutes

Baking Temperature, 300 degrees (Turkeys weighing less than 8 pounds)	*Time, 25 minutes per pound*
Baking Temperature, 275 degrees (Turkeys weighing 8 to 10 pounds)	
Baking Temperature, 250 degrees (Turkeys weighing more than 10 pounds)	

Follow the method of preparing Roast Turkey given on page 40, using the temperature and time indicated here.

STUFFED BAKED FISH

Searing Temperature, 450 degrees; Time, 30 minutes

then

Baking Temperature, 300 degrees; Time, 15 minutes per pound

Follow the method of preparing Stuffed Baked Fish given on page 43, using the temperature and time given here.

BAKED OYSTERS

Temperature, 450 degrees; Time, 15 to 20 minutes

1 pint selected oysters
1⅓ cupfuls dried bread crumbs
1½ teaspoonfuls salt
Dash of pepper
⅓ cupful butter
1 egg, beaten and diluted with 1 tablespoonful water

Finger each oyster so as to find and remove any bits of shell which may be clinging to the oyster.

Wash the oysters, but do not let them stand in water. Then drain the oysters.

Mix the salt and pepper with the bread crumbs. Melt the butter (do not brown it) in a sauce pan. Add the seasoned crumbs and mix them with the butter.

Then dip each oyster into the seasoned and buttered crumbs, then into the diluted egg and again into the crumbs.

Grease two glass or enameled pie dishes. Spread one layer of oysters on each dish. Bake in an oven with temperature wheel set at 450 degrees for 15 to 20 minutes.

Serve the oysters at once with pieces of lemon cut wedge-shape or with catsup or chili sauce. Sprigs of parsley are pleasing for garnishing baked oysters.

CHILI CON CARNE

Temperature, 300 degrees; Time, 2 hours

1 pound chopped beef
1 onion, cut into bits
2 tablespoonfuls fat
1 pint canned tomatoes
2 tablespoonfuls flour
½ cupful rice
1 tablespoonful salt
¼ teaspoonful powdered thyme
⅛ teaspoonful cloves
1 pint canned kidney beans
1 cup water

Put the meat, onion, and fat in a sauce pan. Stir and cook until the meat has lost its red color and has browned slightly.

Mix the tomatoes and flour together. Add this mixture to the meat. Also add the remaining ingredients. Then cook until the mixture reaches the boiling point.

Place in the oven, cover and bake at 300 degrees for 2 hours. Serve hot.

CHAPTER XI

Oven-Cooked Fruits and Desserts

BAKED APPLES

Temperature, 400 degrees; Time, 20 to 45 minutes

6 apples
6 tablespoonfuls water
6 tablespoonfuls sugar

Wash and core the apples. Place in a baking dish. Fill the cavity in each apple with sugar. Pour the water around the apples. Bake uncovered at 400 degrees from 20 to 45 minutes. The time depends upon the size and kind of apple.

Yield: 6 servings.

SCALLOPED APPLES

Temperature, 375 degrees; Time, 45 minutes

Prepare Scalloped Apples as directed on page 58 leaving the baking dish or pan uncovered and using the temperature and time given here. Serve with Orange Sauce, (page 59).

APRICOT AND PINEAPPLE TAPIOCA

Temperature, 350 degrees; Time, 40 minutes

Prepare Apricot and Pineapple Tapioca as directed on page 58, making the following changes: Do not cover the dish or pan and do not place it in a larger pan containing hot water. Use the time and temperature given here.

Yield: 6 servings.

APPLE GINGERBREAD PUDDING

Temperature, 450 degrees; Time, 10 to 15 minutes
then
Temperature, 350 degrees; Time, 50 minutes

3 apples
⅜ cupful sugar
2 teaspoonfuls lemon juice
½ gingerbread ingredients

Wash, pare, core and slice the apples. Put them in an oblong glass dish, or aluminum or enameled pan. Add the sugar and lemon juice. Place uncovered in an oven with temperature wheel set at 450 degrees. While the gingerbread batter is being prepared (or for about 10 to 15 minutes) let the apples cook at this temperature.

Use one-half the recipe for Gingerbread. (See page 88.) When the mixture is put together, remove the apples from the oven and pour the gingerbread batter on top of them.

Set the temperature wheel at 350 degrees. Bake the apple gingerbread at this temperature for 50 minutes.

Serve hot, plain, or with plain or whipped cream.

Yield: 6 servings.

DRIED FRUITS

Temperature, 350 degrees; Time, 35 minutes

Prepare Dried Fruits as directed on page 64, using the temperature and time given here.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

LORAIN RASPBERRY CUPS

Temperature, 275 degrees; Time, 1 hour, 30 minutes
or
Temperature, 250 degrees; Time, 1 hour, 40 minutes

1 egg
½ cupful sugar
½ cupful milk
1¼ cupfuls soft wheat or pastry flour (sifted before measuring)
½ teaspoonful salt
2 teaspoonfuls baking powder
¼ cupful butter or other fat
1 cupful raspberries

Beat the egg. Add the sugar and milk.

Mix the flour, salt and baking powder. Sift these ingredients into the egg-mixture and beat until the ingredients are well blended.

Melt the fat and add it to the egg and flour mixture.

Wash the berries, drain the moisture from them and add to the other ingredients. Mix the fat and berries with the other materials. Grease 6 custard cups or porcelain teacups. Put some of the mixture into each cup. Place the cups on a pan so that they may be easily placed in and removed from the oven. Bake at 275 degrees for 1 hour, 30 minutes or at 250 degrees for 1 hour, 40 minutes.

Remove from the oven. Turn each serving of pudding out of the cups. Serve with sauce prepared as follows:

Raspberry Sauce

¾ cupful sugar
1 tablespoonful cornstarch
⅛ teaspoonful salt
½ cupful cold water
1 tablespoonful butter
½ cupful crushed raspberries
2 tablespoonfuls lemon juice

Mix the sugar, cornstarch, salt and cold water. Stir until the ingredients are well mixed. Then stir and cook

then remove from the baking dish and invert the cake on a wire rack or cake cooler. When cool cut into 8 to 12 pieces. Serve each piece with the fruit and nuts uppermost. Put whipped cream or ice cream on top of each piece.

Yield: 8 to 12 servings.

MERINGUES

Temperature, 250 degrees; Time, 1 hour

4 egg-whites
Pinch salt
1 cupful granulated sugar
½ teaspoonful vanilla

Add the salt to the eggs and beat the mixture until stiff. Then add the sugar and vanilla. Continue beating the mixture only long enough to mix the sugar with the other ingredients.

Cover a baking sheet or pan with a piece of paper* (unbuttered).

*Paper is used so that the meringues can be removed easily from the pan.

By means of a tablespoon, drop this mixture on the paper-covered-pan in mounds, placing about 2 heaping tablespoonfuls on each mound. Bake at 250 degrees for 1 hour.

Yield: 7 or 8 meringues.

MAPLE-CREAM MERINGUES

Meringues
Ice Cream
Whipped Cream
Maple Sauce

Bake Meringues as directed above. Put a paper doily on a dessert plate. If the meringue is not level on the top, remove bits of the surface to make it even in shape. Then place the meringue on the doily. On top of the meringue put a slice or spoonful of vanilla ice cream, on top of the ice cream put a spoonful of whipped cream. Over all pour Maple Sauce. (The recipe for Maple Sauce is on the next page.) Serve the dessert at once.

Maple Sauce

1 cupful maple sirup
2 tablespoonfuls butter
Pinch salt
½ cupful cream or condensed milk

Put the maple sirup, butter and salt in a saucepan. Boil the mixture gently until when tried in ice cold water a ball barely forms. Then remove from the fire and add the cream or condensed milk. Serve hot or cold as desired.

Yield: 7 or 8 servings.

CHOCOLATE-CREAM MERINGUES

Meringues
Ice Cream
Whipped Cream
Chocolate Sirup

Put these foods together in the same way as Maple-Cream Meringues, substituting Chocolate Sirup for Maple Sauce. The recipe for Chocolate Sirup follows:

Chocolate Sirup

1 square chocolate
⅓ cupful sugar
⅛ teaspoonful salt
¼ cupful water
¼ cupful milk
1 tablespoonful butter
½ teaspoonful vanilla

Cut the chocolate into bits. Put it in a small saucepan. Add the sugar, salt, water and milk. Stir and cook the mixture over a low flame until the mixture boils. Then continue to stir and cook for 2 or 3 minutes longer until the mixture is smooth. Add the butter. Stir until it is melted. Cool, then add the vanilla.

Yield: 7 or 8 servings.

If your oven requires pre-heating, pre-heat it for all baked foods

Use Level Measurements Only

CHAPTER XII

Lorain Method of Canning

The Lorain Method of Canning is a new, efficient process. Fruits and tomatoes* canned by this method are pleasing in flavor and appearance.

Tomato Catchup and Fruit Butters made in a Lorain Oven, require no stirring during the cooking process.

The process is very simple, as you will learn by reading these instructions. Try this new method of canning fruits and tomatoes and making tomato catchup and fruit butters in a Lorain-equipped Gas Range Oven and you will be delighted with the results.

*Neither the Research Kitchens of American Stove Company nor the Bureau of Chemistry, Home Economics and Plant Industry of the United States Department of Agriculture advise the processing of non-acid vegetables when the interior of the jar does not exceed the boiling point or 212° F. When foods are processed in the water-bath canner (with boiling-water, i. e., water at 212° F., surrounding the jar) or in the oven (*with the lid merely resting on top of the jar*), the interior of the jar does not reach a higher temperature than boiling point. For this reason the *canning of fruits and tomatoes only* is advised in this book.

FRUITS AND TOMATOES FOR CANNING

Fruits and tomatoes should be fresh. They should also be free from bruises or other blemishes. It is a mistake to attempt to can wilted, over-ripe, bruised, molded or decayed fruits or tomatoes. Such fruits or tomatoes usually contain a much larger number of microscopic organisms than fresh, sound, firm fruits or tomatoes. The existence of such numbers of microscopic organisms makes the food more difficult to can. Moreover, the flavor of inferior or over-ripe fruits or tomatoes is not nearly so pleasing as that of fresh, perfect fruits or tomatoes.

Fruits and tomatoes should be sorted and graded according to soundness, size and degree of ripeness. The unsound and over-ripe fruits and tomatoes should not be canned. As far as possible, put fruits or tomatoes of the same size and degree of ripeness in a jar.

JARS AND THEIR PREPARATION FOR CANNING

All types of *jars* may be used for oven-canning. The main factors are: that the jars are clean, i. e., free from microscopic organisms which may cause the foods to spoil, and that the lids fit tightly so that the jars can be sealed securely.

All jars must be heated in water, i. e., *scalded* before the food is placed in them. *To scald jars and lids* place clean jars in a kettle of cold water. Heat gradually until the boiling point is reached. Then let the water boil for at least 15 minutes. Let the

jars remain in the hot water until the fruits or tomatoes are packed in them. In lifting the jars from the hot water, use a scalded spoon or other utensil. Do not put your fingers inside the jar.

RUBBERS

New rubbers only should be used. Buying new rubbers each time a jar is filled with food is not extravagant; it is economical. The spoiling of foods because of old or inferior rubbers is wasteful.

A good way to test a rubber is to fold and pinch it. If it cracks at the fold or breaks under a moderate pull, it is a poor grade. Good rubbers are neither brittle nor spongy, but are firm and elastic. Rubbers should be scalded in boiling water for at least 10 minutes before they are to be used. They should be placed in position on the jars while the jars are hot.

An alarm clock to tell you when the jars have been in the oven the correct length of time is a convenient accessory.

FILLING THE JARS

In order to prevent the sirup or liquid from boiling out of the jar during Lorain-canning, *the jar should be filled only to within 1 inch of the top.* All fruits and tomatoes have gases enclosed in them. These gases will be expelled during the canning process. This loss of gases together with the softening of the fruits and tomatoes, and other changes, will make the foods shrink somewhat. Consequently if there has been no pre-cooking there may be more than an inch of space above the surface of the fruits or tomatoes

in the jar, when the jar is taken from the oven. This space, however, does not prevent the contents of the jar from "keeping". Indeed, if the jar is sealed securely, this so-called empty space above the surface of the food should lessen the air pressure within the jar and make the seal even more secure.

SIRUP FOR FRUITS

The sirup for sweet fruits may be thin; it may be made of 1 part (i. e., measure) of sugar to 2 parts of water. For medium or sour fruits, the sirup may be made of equal measures of sugar and water, or 2, 3 or 4 parts of sugar to 1 part of water. For fruits of average sweetness such as peaches and raspberries, sirups made of equal parts of sugar and water, or of 2 parts of sugar to 1 part of water, are desirable.

Boil the sirup long enough to dissolve the sugar, usually about 5 minutes.

METHOD OF LORAIN CANNING

No. 1. Arrange the utensils and materials for canning: a large pan of boiling water for scalding jars, tops, etc., a pan of sirup or a kettle of hot water for filling jars. If tomatoes, apricots or peaches are to be canned, another large pan of boiling water, and a colander or squares of cheese cloth will be needed.

No. 2. Test jars, tops and rubbers by putting a cupful of hot water into each jar—placing

the rubber in position and screwing down the lid. Then invert the jar to see if there is any leakage. After this test, scald the jars, tops and rubbers as directed previously.

No. 3. Set Lorain Red Wheel at the temperature recommended. Light the oven. Leave the bottom rack in the oven in the same position as for your regular baking. If the oven does not require pre-heating the oven burner need not be lighted until the jars are ready to be filled with sirup.

No. 4. Wash thoroughly. Scald apricots, peaches and tomatoes by placing them in a wire basket, colander or square of cheese cloth and immersing the food materials in a kettle of boiling water. Keep the kettle covered during the scalding. Prepare other fruits according to the chart. It is especially important to wash foods with bits of earth clinging to them with special care.

No. 5. Fill jars with fruits or tomatoes to within 1 inch of top.

No. 6. Put hot scalded rubbers in position.

No. 7. Fill jars to within 1 inch of the top with boiling hot sirup or water.

No. 8. Dip the blade of a knife or spatula into the boiling water in which you scalded the jars. Run the knife or spatula several times down sides of the jar so as to remove air bubbles. This process is called "paddling".

No. 9. Immediately place the filled jars in the oven. Place the jars so that there are two inches of space between them. *If more than four quart-jars are placed in the oven at one time, increase the time in the oven by ½ hour. If two rows of pint-jars are placed in the oven at one time, also increase the time in the oven by ½ hour.*
The alarm clock may be set to ring when the time given in the chart is up.

No. 10. Remove jars from oven. At once seal tightly. Turn upside down to test for leaks, but do not allow jar to cool this way. Let stand until cool. If an automatic-seal jar is used, let the jar become cold and then invert it. Do not tighten screw tops after the jars have become cool. This may break the seal.

No. 11. Store jars in a cool, dark place. Light, heat or freezing temperature may spoil the most carefully canned fruits and tomatoes.

DIRECTIONS FOR CANNING FRUITS AND TOMATOES BY THE LORAIN METHOD

BLACKBERRIES, BLUEBERRIES, CURRANTS, DEWBERRIES, GOOSEBERRIES, GRAPES, HUCKLEBERRIES, LOGANBERRIES

Temperature, 275 degrees; Time, 1 qt.—1 hr.; 1 pt.—50 min.

Berries should be uniformly ripe and sound. Remove stems and place the berries in a colander. Then wash by pouring water over them or by dip-

ping in and out of water. No scalding or preliminary cooking is necessary.

Pack in hot, scalded jars. Place a layer of berries in each jar and then shake or press gently to pack closely. Repeat until the jar is filled to within 1 inch of top. Place new, scalded rubber in position. Fill jar with boiling water or sirup to within 1 inch of top. Paddle. Adjust lid loosely. Place in the oven at once.

After the time given on previous page, remove from the oven. Seal immediately.

CHERRIES

Temperature, 275 degrees; Time, 1 qt.—1 hr.; 1 pt.—45 min.

Wash in cold water. Seed, if desired. No scalding or preliminary cooking is necessary.

Pack in hot, scalded jars to within 1 inch of the top. Place new, scalded rubbers in position. Fill each jar to within 1 inch of top with boiling sirup. Paddle. Adjust the lid loosely. Place in the oven at once.

After the time given above, remove from the oven. Seal immediately.

If more than four quart-jars, or two rows of pint-jars are placed in the oven at one time, increase the time of processing by ½ hour.

GRAPE JUICE

Temperature, 250 degrees; Time, 40 minutes

Wash fruit, remove stems. With a potato-masher crush the fruit. Place over a low flame and heat gradually until the simmering point is reached, stirring occasionally. Strain through double cheesecloth.

For each quart of juice, add ½ cupful sugar. Heat the sweetened juice until it reaches simmering temperature. Pour into hot, scalded bottles or jars. If bottles are used, insert scalded stoppers, not pushing them in tightly. If jars are used, place new scalded rubbers in position. Paddle the jars. Adjust each lid loosely. Place at once in the oven.

After 40 minutes remove from the oven. Seal immediately. If bottles are used, push the cork in tightly. When cool, dip the corked tops of the bottles into melted paraffin several times.

PEACHES, APRICOTS

Temperature, 275 degrees; 1 qt.—55 min.; 1 pt.—40 min.

Wash. Immerse in boiling water 1 minute, or until skins will slip off easily. Plunge at once into cold water for a few seconds. Remove the skins; cut the fruit into halves; remove the seeds. Do not let the peaches or apricots stand for any length of time after paring before placing in the jars, and adding the sirup.

Place a peach or apricot seed in each jar for flavor. Pack the fruit in layers, filling each jar to within 1 inch of the top. Place new, scalded rubber in position. Fill the jar to within 1 inch of the top with

sirup. Paddle. Adjust the lid loosely. Place in the oven at once.

After the time indicated on the previous page, remove from the oven. Seal immediately.

PEARS

Temperature, 275 degrees; Time, 1 qt.—½ hr; 1 pt.—20 min.

(Note that pears are pre-cooked and packed hot in jars.)

Wash and pare. Large pears are usually cut into halves and cored. Small pears may be left whole. Prepare a sirup; when boiling drop the pears into the sirup and cook at boiling temperature for 5 to 10 minutes, the time depending upon the size. This pre-cooking softens and shrinks the pears somewhat and makes them easier to pack.

Put the hot pears in hot, scalded jars to within 1 inch of the top. Put new, scalded rubbers in position. Fill each jar to within 1 inch of the top with the boiling-hot sirup. Paddle. Adjust the lid loosely. Place in the oven at once.

After the time indicated above, remove from the oven. Seal immediately.

If more than four quart-jars, or two rows of pint-jars are placed in the oven at one time, increase the time of processing by ½ hour.

PINEAPPLE

Temperature, 275 degrees; Time, 1 qt.—1 hr.; 1 pt.—45 min.

Wash, pare, remove eyes. Cut into slices or into dice. No scalding or preliminary cooking is necessary.

Place in hot, scalded jars to within 1 inch of the top. Put new, scalded rubbers in position. Fill each jar to within one inch of the top with boiling-hot sirup. Paddle. Adjust the lid loosely. Place in the oven at once.

After the time indicated above, remove from the oven. Seal immediately.

PLUMS

Temperature, 275 degrees; Time, 1 qt.—1 hr.; 1 pt.—45 min.

Wash firm fruit. Prick the skin of each plum in several places. This sometimes prevents the skins from bursting. No scalding or preliminary cooking is necessary.

Pack in hot, scalded jars to within 1 inch of top. Put new, scalded rubbers in position. Fill each jar to within 1 inch of top with boiling-hot sirup. Paddle. Adjust the lid loosely. Place in the oven at once.

After the time indicated above, remove from the oven. Seal immediately.

RHUBARB

Temperature, 250 deg.; Time, 1 qt.—20 min.; 1 pt.—15 min.

Wash, cut into 2-inch lengths. Measure the rhubarb, place it in a baking-dish and add ¼ as much sugar by measure as rhubarb. Cover and bake in the oven at 350 degrees for 30 or 35 minutes, or

until the rhubarb is tender, but whole.

Pack the hot rhubarb at once in hot, scalded jars to within 1 inch of the top. Put new, scalded rubbers in position. Paddle. Adjust each lid loosely. Place in the oven at once.

After the time given on the previous page, remove from the oven. Seal immediately.

STRAWBERRIES PRE-COOKED

Temperature, 250 deg.; Time, 1 qt.—50 min.; 1 pt.—45 min.

(Soft fruits shrink somewhat when canned. To obtain a jar full of berries after processing, the berries must be cooked before packing in the jars.)

Strawberries should be uniformly ripe and sound. Place the berries in a colander. Then wash by pouring water over them or by dipping in and out of water. Remove stems.

Place the fruit in a granite or aluminum preserving kettle. Add ¼ as much sugar by measure as fruit. Carefully mix the sugar with the berries. Let stand until some of the juices are extracted. Let the mixture boil on the top of the stove 3 or 4 minutes. (*Count the time after the mixture reaches the boiling point*).

Cover and let the berries stand in the sirup for several hours or over night.

It is well to cool the berries and sirup quickly after the preliminary cooking. This may be done by pouring the mixture into platters or shallow

If more than four quart-jars, or two rows of pint-jars are placed in the oven at one time, increase the time of processing by ½ hour.

granite pans or by placing the preserving kettle in a pan of cold water. Letting the berries cool in the sirup will plump them, i. e., introduce some of the sirup into the berries.

Strain the berries from the sirup. Heat the sirup until it boils. Pack the berries carefully in hot, scalded jars to within 1 inch of the top of the jar. Place new, scalded rubbers in position. Fill each jar to within 1 inch of the top with boiling-hot sirup.* Paddle. Adjust the lid loosely. Place in the oven at once.

After the given time, remove from the oven. Seal immediately.

*Usually there is more than enough sirup to fill the jar. This extra sirup, while hot, may be poured into scalded jars to within 1 inch of the top and processed in the oven at 250 degrees for 50 minutes. These canned berry juices make delicious beverages when mixed with lemon juice. The sweetened juices may be used also as sauces for sundaes and other desserts.

STRAWBERRY PRESERVES

(See Fig. 9, page 66.)

Temperature, 250 deg.; Time, 1 qt.—45 min.; 1 pt.—40 min.

Wash as directed for Strawberries Pre-cooked. Put the berries in a preserving kettle. Use equal measures of berries and sugar. Carefully mix the sugar with the berries. Let stand until some of the juice is drawn from the berries. Then boil the mixture on the surface burner for 15 minutes. (*Count the time after the mixture reaches the boiling point*). Cover and let the berries stand for several hours or overnight.

Strain the berries from the sirup. Boil the sirup for 10 minutes. Pack the berries carefully in hot, scalded jars to within 1 inch of the top. Place

new scalded rubbers in position. Fill each jar to within 1 inch of the top with boiling-hot sirup.* Paddle. Adjust the lid loosely. Place in the oven at once.

After the given time, remove from the oven. Seal immediately.

*See Note, middle of page 154.

STRAWBERRY AND PINEAPPLE PRE-COOKED

Temperature, 250 deg.; Time, 1 qt.—50 min.; 1 pt.—45 min.

(With each 2 quarts of berries use 1 fresh pineapple)

Wash berries as directed for Strawberries Pre-cooked, p. 153. Prepare pineapple as directed for Pineapple, p. 152, cutting the fruit into dice.

Place the fruits in a granite or aluminum preserving kettle. Add ¼ as much sugar by measure as strawberry-and-diced-pineapple mixture. Carefully mix the sugar with the fruits. Let stand until some of the juices are extracted. Let the mixture boil on the top of the stove 3 or 4 minutes. (*Count the time after the mixture reaches the boiling point*). Cover and let the fruits stand in the sirup for several hours or over-night.

It is well to cool the fruits and sirup quickly after the preliminary cooking. This may be done by pouring the mixture into platters or shallow granite pans, or by placing the preserving kettle in a pan of cold water. Letting the berries cool in the sirup will plump them, i. e., introduce some of the sirup into the berries.

Strain the fruits from the sirup. Heat the sirup until it boils. Pack the fruits carefully in hot,

scalded jars to within 1 inch of the top of the jar. Place new, scalded rubbers in position. Fill each jar to within 1 inch of the top with boiling-hot sirup*. Paddle. Adjust the lid loosely. Place in the oven at once.

After the given time, remove from the oven. Seal immediately.

STRAWBERRY-AND-PINEAPPLE PRESERVES

Temperature, 250 deg.; Time, 1 qt.—45 min.; 1 pt.—40 min.

(With each 2 quarts of berries use 1 fresh pineapple)

Wash berries as directed for Strawberries Precooked, p. 153. Prepare pineapple as directed for Pineapple, p. 152, cutting the fruit into dice.

Put the fruits in a preserving kettle. Use as much sugar by measure as strawberry-and-diced-pineapple mixture. Carefully mix the sugar with the fruits. Let stand until some of the juices are drawn from the fruits. Then boil the mixture on the surface burner for 15 minutes. (*Count the time after the mixture reaches the boiling point*). Cover and let the fruits stand for several hours or overnight.

Strain the fruits from the sirup. Boil the sirup for 10 minutes. Pack the fruit-mixture carefully in hot, scalded jars to within 1 inch of the top. Place new, scalded rubbers in position. Fill each jar to within 1 inch of the top with boiling-hot sirup.* Paddle. Adjust the lid loosely. Place in the oven at once.

After the time given above, remove from the oven. Seal immediately.

*See Note, middle of page 154.

If more than four quart-jars, or two rows of pint-jars are placed in the oven at one time, increase the time of processing by ½ hour.

TOMATOES (whole, 1 qt. jars)

Temperature, 300 degrees; Time, ½ hour
then
Temperature, 250 degrees; Time, ½ hour

Wash. Immerse in boiling water 1 to 3 minutes, or until the skins will slip off easily. Plunge at once into cold water for a few seconds. Remove the skins.

Pack carefully in hot, scalded jars. Place new, scalded rubbers in position. For home use*, fill the jar to within 1 inch of the top with boiling water, or with boiling-hot stewed and strained tomatoes.** Add 1 teaspoonful of salt to each quart jar. Paddle. Adjust the lid loosely. Place in the oven at once.

At the end of the *second* half-hour period remove from the oven. Seal immediately.

*When tomatoes are canned for commercial purposes, Federal regulations do not permit filling the jars with either water or strained tomato.

**Filling the jar with water is better for exhibit purposes; filling it with strained tomato is more economical as far as nutriment is concerned since the strained tomato may be used for soups or sauces.

TOMATOES (cut in pieces)

Temperature, 300 degrees; Time, 1 qt.—1 hr.; 1 pt.—45 min.

Wash. Immerse in boiling water 1 to 3 minutes, or until the skins will slip off easily. Plunge at once into cold water for a few seconds. Remove the skins. Cut the tomatoes into quarters or slices after the skins are removed.

Pack the pieces of tomatoes in jars to within 1 inch of the top. Place new, scalded rubbers in position. Add 1 teaspoonful of salt to each quart jar, and no liquid. Paddle. Adjust the lids loosely. Place in the oven at once.

After the time given above, remove from the oven. Seal immediately.

TOMATOES (cut in pieces) PRE-COOKED

Temperature, 275 degrees; Time, 1 qt.—½ hr.; 1 pt.—20 min.

Wash. Immerse in boiling water 1 to 3 minutes, or until the skins will slip off easily. Plunge at once into cold water for a few seconds. Remove the skins. Cut the tomatoes into quarters or slices after the skins are removed. Put in a preserving kettle or sauce pan and cook on the surface burner at boiling temperature for 3 or 4 minutes. (*Count the time after the tomatoes start to boil*).

At once pour the hot, pre-cooked tomatoes into hot, scalded jars filling to within 1 inch of the top. Add 1 teaspoonful of salt to each quart jar. Place new, scalded rubbers in position. Paddle. Adjust the lids loosely. Place in the oven at once.

After the time given above, remove from the oven. Seal immediately.

TOMATO CATCHUP

Temperature, 250 degrees; Time, 5 hours before straining, 1 hour after straining

4 quarts (7 lbs.) ripe tomatoes
1 cupful sugar
2 tablespoonfuls salt
½ tablespoonful celery seed
½ teaspoonful cayenne pepper
½ ounce stick cinnamon
2½ cupfuls vinegar
½ tablespoonful mace

Wash the tomatoes, remove any decayed portions and cut them into pieces. Put the tomatoes and all other ingredients excepting vinegar and mace in

If more than four quart-jars, or two rows of pint-jars are placed in the oven at one time, increase the time of processing by ½ hour.

a granite or aluminum pan of large diameter (at least 12 inches).

Heat the mixture on the surface burner until it reaches the boiling point. Then place the pan (uncovered) in a Lorain oven whose temperature wheel is set at 250 degrees and which has been pre-heated (if the oven requires pre-heating). Let the mixture cook for 5 hours. Then strain the mixture to remove the cinnamon, tomato skins and seeds, but not the tomato pulp.

Add the vinegar and mace to the strained mixture. Heat it on the surface burner until the boiling point is reached. At once return the mixture to the oven and let it cook for 1 hour longer.

Have ready scalded bottles. (See Jars and Their Preparation for Canning, page 144).

Pour the hot catchup into the scalded bottles. Press a scalded cork into each bottle. Then dip the cork and mouth of the bottle several times into melted paraffin.

Many housekeepers have found that catchup will keep satisfactorily if the boiling-hot catchup is poured into scalded bottles, tightly corked and the cork and mouth of the bottle are dipped several times into melted paraffin, as directed in the foregoing.

The keeping of catchup is more sure, however, if the air in the bottle is heated and partly driven out of the bottle. This may be done as follows: After the hot catchup is poured into bottles, push corks into the bottles *loosely* and place the bottles

of hot catchup *at once* in the oven, whose temperature wheel is set at 275 degrees. Let the bottles remain in the oven for 20 minutes. Then remove from the oven, at once press the cork securely into the bottle. Dip the cork and mouth of the bottle several times into melted paraffin.

Yield: 8½ pints.

APPLE BUTTER

Temperature, 250 degrees; Time, 7 hours

1 gallon sweet cider
1 peck (10 pounds) apples
1½ pounds sugar
½ teaspoonful cinnamon
½ teaspoonful allspice
¼ teaspoonful cloves
½ teaspoonful salt

Boil the cider on the surface burner until one-half its original quantity is obtained. Wash the apples, remove decayed or bruised spots and cut the fruit into slices. Add the apples to the hot cider. Continue to heat until the mixture reaches the boiling point. Then immediately place it in a Lorain oven whose temperature is 250 degrees. In the oven, heat the mixture, uncovered, without stirring for 6 hours.

Then remove from the oven. Press the fruit mixture through a colander or strainer. Add the sugar, spices and salt. Stir merely to mix the ingredients. Return to the oven and continue to cook for 1 hour longer.

Remove from the oven; pour into scalded crocks, jars or glasses. (See Jars and Their Preparation for Canning, page 144.) When cool, cover the sur-

face with paraffin. Tie paper or cloth over the crocks or jars and store.

Yield: 5 pints.

APPLE BUTTER
(Containing no Cider)

Temperature, 250 degrees; Time, 7 hours

1 peck (10 pounds) apples
1 quart water
1¾ pounds sugar
¼ teaspoonful allspice
¾ teaspoonful cinnamon
¼ teaspoonful nutmeg
½ teaspoonful salt

Heat the unpared, sliced apples and water until the boiling point is reached. Then proceed as for Apple Butter containing Cider.

Yield: 3½ pints.

OVEN-COOKED ORANGE MARMALADE

The mixture needs to be cooked both before and after adding sugar as follows:

Temperature, 350 degrees; Time, 10 minutes
then
Temperature, 300 degrees; Time, 50 minutes

4 medium sized oranges, sliced
2 lemons, sliced
Water, ½ as much by measure as sliced fruit
Sugar, equal in measure to cooked fruit

Both the rind and pulp of oranges and lemons are used in making orange marmalade. Wash the fruit and without peeling it, cut it into thin slices. If there are any seeds, remove them. In a quart measure or measuring cup, measure the sliced

	Temperature	Time
Kisses	300°	25 min.
Meringue, on Pies	300°	15 to 20 min.
Meringues, Baked	250°	1 hr.
Muffins	400°	25 min.
Oysters, Baked	450°	15 to 20 min.
Pie Shells (without filling)	450°	12 to 15 min.
Pie (with one crust and with uncooked filling such as custard)	450°	15 min., then
	325°	25 min.
Pie, Pumpkin or Squash	375°	1 hr.
Pie, Two Crusts	425°	35 to 45 min.
Popovers	450°	15 min., then
	350°	30 min.
Potatoes, Baked	500°	40 to 60 min.
Potatoes, Browned or Scalloped	400°	45 min.
Pudding, Indian	400°	30 min.
Roast Beef, Tender Cuts (covered pan, valve open in cover, no water added)—SEAR at	500°	20 min., then
BAKE at		
Rare	300°	12 min. per lb.
Medium		15 min. per lb.
Well Done		20 min. per lb.
Roast Beef, Tender Cuts (uncovered pan, no water added)—		
SEAR at	500°	20 min., then
BAKE at		
Rare	400°	12 min. per lb.
Medium		15 min. per lb.
Well Done		20 min. per lb.
"Roast" i. e. Braised Beef, Tough Cuts, (covered pan, valve open in cover, boiling water in bottom of pan)—		
SEAR at	500°	20 min., OR
	450°	30 min., then
BAKE at		
Less than 6 lbs	300°	30 min. per lb.
6 to 9 lbs	275°	30 min. per lb.
10 or more lbs	250°	30 min. per lb.

	Temperature	Time
Roast Lamb (in uncovered pan, no water added)		
SEAR at.....	500°	20 min., OR
	450°	30 min., then
BAKE at.....	400°	25 min. per lb.
Roast Pork (in covered pan, valve open in cover and boiling water in bottom of pan)—		
SEAR at.....	500°	20 min., OR
	450°	30 min., then
BAKE at		
Less than 6 lbs.....	300°	30 min. per lb.
6 to 9 lbs.....	275°	30 min. per lb.
10 or more lbs.....	250°	30 min. per lb.
Roast Turkey (covered pan, valve open in cover and boiling water in bottom of pan)—		
SEAR at.....	500°	20 min., OR
	450°	30 min., then
BAKE at		
Less than 8 lbs.....	300°	25 min. per lb.
8 to 10 lbs.....	275°	25 min. per lb.
More than 10 lbs.....	250°	25 min. per lb.
Roast Veal (covered pan, valve open in cover and boiling water in bottom of pan)—		
SEAR at.....	500°	20 min., OR
	450°	30 min., then
BAKE at		
Less than 6 lbs.....	300°	25 min. per lb.
6 to 9 lbs.....	275°	25 min. per lb.
10 or more lbs.....	250°	25 min. per lb.
Rolls, Parker House.....	425°	15 to 30 min.
Souffles (place in cold oven).....	250°	10 min., then
	375°	20 min.
Stews, Meat	300°	2 to 2½ hrs.
Whole Meals	250°	4 to 5 hrs., OR
	275°	3 hrs.